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SUPERSTAR STRIKER LIONEL MESSI SCORES TWO IN 3-2 WIN OVER NIGERIA TO ADVANCE TO THE NEXT ROUND, THE SWISS ADVANCE WITH 3-0 WIN OVER HONDURAS AND FRANCE MAKES IT THROUGH WITH A DRAW AGAINST ECUADOR PAGE 34

He's Kim Jong un-impressed

North Korea calls new Seth Rogen/James Franco film The Interview an 'act of war' PAGE 8

Bombs away!

Check out who's suiting up for the Blue Bombers as they open up their season tonight against Toronto PAGE 33

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Michael Bublé is back in Winnipeg Thursday night at the MTS Centre. Tickets are available at Ticketmaster. GETTY IMAGES

Bublé ready to show Winnipeg how it's done

'I'm one of the best in the world at what I do.' Canadian crooner jazzed about strutting his stuff at MTS Centre tonight

Michael Bublé is on the telephone with a cluster of reporters, and he's certainly not camera-ready: He's wearing a black housecoat with a mismatched white belt, and his nine-month-old son Noah has smeared pasta all over his face.

He "couldn't look like more of a dork," he notes, and his wife Luisana Lopilato agrees by giving him a thumbs-down.

But he's also the picture of domesticity, even ensconced as he is in a lengthy world tour that began its Canadian leg in Vancouver this week.

And the 38-year-old says, emphatically, that fatherhood has had a transformative effect on all aspects of his life, including his career.

"I'm better at what I do — way better," the Burnaby, B.C., native said in a conference call Wednesday. "There's a fulfillment and a joy that I have in my life that I didn't have before.

"I was always a happy guy, I always had a good life, but I didn't know how good it could be. That's the truth. This kid has brought something to my life that I never knew was there. I didn't know that kind of love existed. "It's allowed me to be way better at what I do."

He launched this tour — in support of To Be Loved, a double-platinum hit in Canada — last June, prior to Noah being born in August. Since then, he's performed sold-out gigs all over the world. This summer leg will include stops in eight Canadian cities, including Winnipeg Thursday night at MTS Centre.

And though he claims to have more nerves in anticipation of the Canadian leg of his tour than any other portion, he's also uniquely excited to swagger across these stages.

"I think people are going to understand why their Canadian boy did so well all over the world," he said. "Because this show isn't a good show. This show is one of the best shows in the world, without a doubt. And I think I'm one of the best in the world at what I do.

"I hope I'm a humble guy, but I don't say that with humility. I love doing what I do and I think it shows. … I was so excited, when I (was) in the shower this morning, I'm thinking about it. I'm running my mind through what I want to do and things I want to say.

"I'm excited to show off."

THE CANADIAN PRESS

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NEWS 1

Grits not faring well

Tories still top pick for provincial voters, but NDP coming close

The opposition Progressive Conservatives would be the winners if a provincial election was held tomorrow, but the NDP wouldn't do as poorly as before.

According to a new poll by Probe Research for the Winnipeg Free Press, 45 per cent of decided Manitoban voters would cast a ballot for the PCs, with the NDP coming in at 32 per cent, up from 28 per cent in March.

The Liberal Party, meanwhile, has dropped to 16 per cent from 23 per cent. Support for the Greens and others sits at 7 per cent, up from 4 per cent. METRO

Second-degree murder

Teens found guilty in fatal beating of man

A jury has found two teenagers guilty of second-degree murder for beating to death a Winnipeg man who was trying to protect his pregnant daughter.

Joseph Lalonde, who was 48, was attacked with a baseball bat in August 2011.

He had stepped into a fight the teens were having with his daughter in the family's yard.

The teens, who were 15 at the time, are to be sentenced at a later date.

Prosecutors want them to be sentenced as adults, which would mean mandatory life sentences.

Court heard neither Lalonde nor his daughter had any connection with street gangs. THE CANADIAN PRESS WITH FILES FROM CJOB

Another year, another market

A year after the debut of a farmers' market in downtown Winnipeg, a second location outside the Workers' Compensation Building on Broadway was announced by the Downtown Winnipeg BIZ on Wednesday.

COURTESY MELANIE ANDRUSHKO/DOWNTOWN WINNIPEG BIZ

Arson probe. Two teens face charges after four homes damaged by blaze

Two teenagers are facing charges after four homes were damaged by fire in May.

Emergency personnel were called to the scene of a major house fire on in the 100 block of Jefferson Avenue on May 19 at about 8:45 a.m. There, two homes were found fully engulfed in fire, and the fire was spreading to houses on both sides.

Everyone managed to escape their burning homes and no one was hurt. Damage was pegged at $500,000 in total.

The Arson Unit continued to investigate and have arrested two boys for the fire, which started in a house under construction.

A 16-year-old boy and a 15-year-old boy face charges of arson causing damage to property, arson with disregard for human life, breaking and entering and possessing incendiary materials. METRO

Council considering smoking ban on patios

'No-brainer.' A ban on smoking on playgrounds, beaches and provincial parks goes into effect in July

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeggers may have to soon butt out on patios, after city council voted in favour of asking the province to look into extending a smoking ban to these outdoor areas.

Couns. Paula Havixbeck and Dan Vandal put forward the motion during Wednesday's city council meeting after constituents in each of their wards contacted them. Council supported the motion, but it is unclear whether the city can simply institute a smoking ban without the provincial government's approval.

In an email to Metro, a spokesperson for Healthy Living Minister Sharon Blady said the city has the power to act.

"Municipalities do have authority to further restrict public smoking, and should a municipality, such as the City of Winnipeg, want to proceed with such a ban they have the legislative authority to do so," wrote the spokesperson.

Starting next month, the Manitoba government's ban on smoking in playgrounds and beaches in provincial parks comes into effect.

Mayor Sam Katz backed the ban on patio smoking, calling it a "no-brainer."

"We all know the impact of second-hand smoke," he added.

Coun. Paula Havixbeck said she believes Winnipeggers will welcome a move to ban smoking on patios. BERNICE PONTANILLA/METRO

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Winnipeg inspiring ideas!

Motion. Council backs plan to change how EPC members are appointed

City council will now have a say on who gets picked for the mayor's executive policy committee (EPC), approving a motion put forward by Sam Katz himself.

Katz's motion calls on the provincial government to amend the City of Winnipeg charter to allow council to choose three members of the EPC, with the mayor appointing the other three.

Although the vote was 14-2, with only councillors Paula Havixbeck and Harvey Smith in opposition, several criticisms were raised about the "strong mayor" model adopted by the city.

"I think it's necessary that we re-look at this," said Havixbeck, adding that a rotation would be better.

However, others defended the move, arguing it's better than the status quo.

"It's a breath of fresh air," said Coun. Russ Wyatt, adding he was surprised Katz moved this motion.

BERNICE PONTANILLA/METRO

Projects prioritized

- City council passed a motion Wednesday declaring six major infrastructure projects as priorities for the city. The hope is that by declaring the projects priorities, the city will have better access to funding from the federal government to complete the projects.
- The projects include the Waverley Street underpass, widening Marion Street from Archibald Street to Lagimodiere Boulevard, the Chief Peguis Trail extension from Main Street to Route 90, replacing the Louise Bridge, extending the William R. Clement Parkway from Grant Avenue to Wilkes Avenue, and widening Kenaston Boulevard from Ness Avenue to Taylor Avenue.

Rapid transit going forward with business plan, without referendum

Vote. Mayor says council does not make decisions based on public polls

Mayor Sam Katz at council on Wednesday. BERNICE PONTANILLA/METRO

It's full-steam ahead for the second phase of Winnipeg's rapid transit — and without input from citizens.

Councillors argued for hours Wednesday over the city's financial plan for the corridor linking downtown to the University of Manitoba, including the public-private partnership aspect and whether the plan should be put to a referendum.

The vote for the business plan was 9-6, while Coun. Jeff Browaty's bid for a referendum failed with only three in favour.

Mayor Sam Katz said the votes show the will of council is to see the corridor built and "council does not make decisions based on polls," referring to a Probe poll that found 71 per cent of Winnipeggers want a referendum.

"It's done and (council) made the right decision," said Katz after the meeting, adding every major city has rapid transit, either bus or rail.

Browaty wanted the $590-million rapid transit project put on the Oct. 22 civic-election ballot, but several councillors immediately spoke out against the idea.

Coun. Scott Fielding said he supported the idea of a plebiscite because the project was too big to not consult citizens directly.

In the end, only Fielding, Browaty and Coun. Russ Wyatt voted for a referendum.

BERNICE PONTANILLA/METRO

Trimbee

U of W finds new president

The University of Winnipeg has appointed a new president and vice-chancellor to replace the retiring Lloyd Axworthy this fall.

Dr. Annette Trimbee will become the university's seventh president and vice-chancellor, effective Aug. 1.

Trimbee has served in politics, with her last stint as deputy minister in the Alberta provincial government, including Advanced Education and Technology from 2008-11.

Trimbee grew up in Transcona and graduated from the U of W in 1977 with a bachelor of science in biology.

The U of W's board appointed Trimbee to a five-year term. METRO

Exhibit

Funding OKed to cover Assiniboine shortfall

The Assiniboine Park Conservancy has secured funding from the city for a $4.5-million shortfall.

The APC saw costs for Assiniboine Park Zoo's Journey to Churchill exhibit skyrocket over the winter, mostly due to the frigid temperatures and a drop in the dollar, said Mayor Sam Katz.

The exhibit opens next week. METRO

Industry

Lake chemicals worry fishing marketing CEO

A federal agency is calling for immediate changes to reduce chemical nutrient levels in Lake Winnipeg and save a multimillion-dollar-a-year industry.

The Freshwater Fish Marketing Corp. buys fish from commercial anglers across the Prairies and processes it at its Transcona plant.

CEO John Wood says he's worried about rising phosphorus and nitrogen levels that he blames on the farming and hog industries.

He says they're putting the lake at risk. GLOBAL WINNIPEG/ THE CANADIAN PRESS

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U of Ottawa hockey program iced after sex assault probe

Men's varsity team. School's president calls conduct 'unacceptable', 2014-15 season suspended and coach fired after investigation

LUCY SCHOLEY
Metro in Ottawa

The University of Ottawa has suspended its men's varsity hockey program for the entire 2014-15 season and fired the team's coach following an internal investigation into allegations of a gang sex assault by players on a tournament trip to Thunder Bay.

University president Allan Rock would not divulge the details of the internal report during Wednesday's announcement, as there is a separate police investigation in the works.

University of Ottawa President Allan Rock delivers a statement in Ottawa on Wednesday regarding the men's varsity hockey program. SEAN KILPATRICK/THE CANADIAN PRESS

"We know enough to say what happened there was unacceptable," he said.

However, the university did release a report of recommendations to improve school varsity sports, including updating the coaching handbook and conducting an annual review of all guidelines on athlete behaviour.

Not an isolated incident

"I don't think that what's happening with the hockey team at the University of Ottawa is an isolated case."

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, who said that while she's happy the school is changing its policies, more needs to be done to address rape culture on university campuses.

Rock said the coach was not involved in the alleged incident, but he had tried to discipline those students on his own.

Thunder Bay police say they've completed their investigation into the Jan. 30-to-Feb. 2 incident, are reviewing the case with the Crown and expect to make an announcement "of some sort in coming weeks."

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, said she's happy the university is changing its policies, but added that more needs to be done to address rape culture on university campuses.

"I don't think that what's happening with the hockey team at the University of Ottawa is an isolated case," she said, adding that the vast majority of sexual assaults are unreported. "This is something that is experienced on other campuses, as well."

The University of Ottawa and the student federation have each implemented a task force that's looking into rape culture on campus.

The school suspended the men's hockey team last semester as well, following news of the Thunder Bay incident.

Privacy

Border agency cuts data retention to 15 years from 75

The federal border agency is bowing to privacy concerns by agreeing to slash the amount of time it will keep data on the cross-border movements of Canadians as part of a new security plan.

The agency says it plans to retain personal details for 15 years — not 75.

THE CANADIAN PRESS

Twiplomacy

Twitter accounts trending among our diplomats

Canada is among a small group of countries that has Twitter accounts for most of its embassies and missions, a global study revealed Wednesday.

The study, called Twiplomacy, looked at the use of the site by heads of state and by governments and ministers of foreign affairs.

THE CANADIAN PRESS

Vancouver Aquarium's beluga research heads north as controversy over captivity continues

A trainer works with beluga whale Aurora at the Vancouver Aquarium on Wednesday. A researcher from the aquarium will be heading to the Arctic next week to study the chatty cetaceans in the summer home where they raise their young. The research trip comes as the non-profit aquarium is under renewed pressure to stop keeping belugas and dolphins in captivity — including a call from Vancouver Mayor Gregor Robertson to end the practice. DARRYL DYCK/THE CANADIAN PRESS

Meilleur. Ontario AG calls out MacKay over recent remarks about women

Add Ontario's attorney general to the list of people who have a bone to pick with Justice Minister Peter MacKay.

Madeleine Meilleur calls MacKay's recent remarks about female judges "very unfortunate" in this day and age — particularly when Ontario has elected its first female premier.

The Toronto Star reported that MacKay attributed the dearth of women on the bench to a lack of applications, reportedly linking that to a fear among women that they might be appointed to a circuit court, which entails more travel.

MacKay found himself in hot water again Tuesday over Mother's Day and Father's Day emails to staff — one saluting mothers for holding down two full-time jobs at home and at work, the other lauding dads for raising "the next generation of leaders."

Prime Minister Stephen Harper defended his justice minister Wednesday, saying MacKay's comments have been unfairly characterized as sexist.

What I meant was...

MacKay has said he did not make the comments attributed to him in the Star report.

- "In addressing a few dozen lawyers I took the opportunity to encourage MORE women and minorities to apply to be judges, to enable the federal government to promote them to the bench and thus to better reflect the diversity that is Canada today," he said in a Facebook post on Sunday. "That was the intent and tone of my remarks."

Meilleur says there are very competent women in Ontario and Canada who are able to be judges and province's judicial bench is proof of it.

She noted that the chief justice of the Ontario Court of Justice is a woman.

THE CANADIAN PRESS

North, South Koreans mark war anniversary

North Koreans march through Kim Il-sung Square in Pyongyang, North Korea, Wednesday, while chanting slogans to mark the 64th anniversary of the start of the Korean War. KIM KWANG HYON/THE ASSOCIATED PRESS

64 years ago. Thousands gather in Pyongyang, U.S. veterans attend ceremony in Seoul

North and South Korea on Wednesday marked the 64th anniversary of the Korean war that ended in a truce and left the nations bitterly divided.

Thousands of North Koreans took part in a huge rally in Kim Il-sung Square in central Pyongyang. Signs praising North Korea's leaders past and present decorated the square.

The chairman of the Pyongyang City People's Committee spoke from a balcony, his speech punctuated by chants and raised fists from the crowd in the square. Speeches from representatives of workers, farmers, and young people followed his remarks.

In South Korea, U.S. veterans of the war were among people attending a ceremony in Seoul.

North Korea says the U.S. started the Korean War. Historians around the world agree the war began when North Korea invaded the South.

The 1950-53 conflict ended with an armistice, not a peace treaty, leaving the peninsula still technically in a state of war. Hundreds of thousands of troops square off along the world's most heavily armed border; periodic skirmishes have taken place on land and at sea and public officials in both Koreas routinely use harsh rhetoric to describe the rival nation. THE ASSOCIATED PRESS

Philippines. Forced into prostitution, women join march to Japanese embassy

Filipina women forced into prostitution by the Japanese military during the Second World War marched Wednesday to the Japanese Embassy to demand justice and to criticize Philippine President Benigno Aquino III's silence on the issue during his visit to Japan.

Six women in their 80s and some two dozen supporters picketed the embassy to call on Prime Minister Shinzo Abe to apologize and compensate them for their ordeal.

"Abe should be made to answer for what the Japanese soldiers did to us," said Estelita Dy, 84. "Justice is what we need, justice now."

Dy denied she and others were voluntary prostitutes, as Japanese nationalists have contended. She said her ordeal began when she was arrested by Japanese troops and shoved into a truck against her will.

"We are already old (but) we will not stop until we can obtain real justice, until we can make sure that there will be peace based on justice," said Virginia Villarma, also 84.

Filipina woman Narcisa Claveria THE ASSOCIATED PRESS

Historians say 20,000 to 200,000 women from across Asia, many of them Koreans, were forced to provide sex to Japan's front-line soldiers.

In addition to insisting the women worked in wartime brothels voluntarily, Japanese nationalists also say Japan has been unfairly criticized for a practice they say is common during war. THE ASSOCIATED PRESS

Middle East. Palestinian inmates end hunger strike in Israeli prisons

Dozens of Palestinian prisoners ended their 63-day-long hunger strike on Wednesday, after reaching a deal with Israeli prison authorities, a Palestinian official said.

The development comes against the backdrop of a broad Israeli ground operation in the West Bank, in search of three Israeli teens who went missing in the Palestinian territory nearly two weeks ago. There have also been near-daily rocket attacks from Gaza, prompting Israeli airstrikes in retaliation.

Since 2012, Palestinian prisoners have staged a series of hunger strikes, sometimes as individuals and sometimes in larger groups, to protest "administrative detention," a policy that can keep some prisoners in custody for months without charges.

Israel has defended the practice as a necessary tool to stop militant activity, including attacks.

The latest hunger strike was launched April 24 and involved 77 prisoners. THE ASSOCIATED PRESS

Wife of U.S. man who's imprisoned in Cuba says she fears for his life

The wife of Alan Gross, a U.S. government development subcontractor serving a 15-year prison sentence in Cuba, said Wednesday she fears for his life even more after he received the demoralizing news of his mother's death from cancer.

Speaking in Havana a day after visiting her husband behind bars, Judy Gross said he was very close to his mother, talking to her by phone twice a day when he was in the United States and as often as he could after his incarceration in Cuba.

"He's talking about doing something drastic, and I think that's his depression and hopelessness talking," Judy Gross told The Associated Press.

U.S. and Cuban officials did not have immediate comment. U.S. diplomats in Havana make monthly consular visits to the facility where Gross is being held, but generally refrain from speaking about his case, citing privacy rules.

Gross was arrested in 2009 while working to set up Internet networks for the island's Jewish community on a contract with the U.S. government's Agency for International Development. Washington argues that his activities were humanitarian, and he says he posed no threat to Cuba.

However, some aspects of his work violated Cuban law, and Gross' documents show he tried to avoid detection. Havana considers such USAID programs an affront to its sovereignty, and Gross was convicted under a statute governing crimes against the state.

Judy Gross said he seemed markedly worse than on any of her five previous trips to the island. THE ASSOCIATED PRESS

West Bank

France warns off trade in Israeli settlements

France is warning companies trading in the West Bank of legal risks from doing business in Israeli settlements it says are "illegal under international law."

A statement posted on the foreign ministry website this week says the settlements are "built on occupied land," under international law. THE ASSOCIATED PRESS

Expanding conflict

Syria bombs Sunni inside Iraq

Syrian warplanes bombed Sunni militants' positions inside Iraq, military officials confirmed Wednesday, deepening the concerns that the extremist insurgency that spans the two neighbouring countries could morph into an even wider regional conflict. U.S. Secretary of State John Kerry warned against the threat and said other nations should stay out. THE ASSOCIATED PRESS

Appeal. Man convicted of killing wife, shooting judge doesn't want to be seen as a 'nutcase'

A Reno man, appealing his conviction for murdering his wife and trying to assassinate the judge handling their bitter divorce in 2006, believed he was justified in shooting a "corrupt" judge but worried about being viewed as a "nutcase with a rifle," one of his lawyers wrote in a memo to co-counsel at the time.

Darren Mack also told then-Reno defence lawyer Scott Freeman during a jailhouse meeting five months before his trial any plea deal must not undermine his ability to "get his message out related to the family law corruption," Freeman wrote in the memo to Las Vegas lawyer David Chesnoff on May 21, 2007.

Freeman, who now is a Washoe County district judge, was describing Mack's reservations about a defence strategy that would have him plead not guilty by reason of insanity — referred to in the memo as "NGRI" — to attempted murder in the shooting of Family Court Judge Chuck Weller.

"He is concerned about the public perception of NGRI, in that he does not want to be viewed as a 'nutcase' with a rifle," Freeman wrote.

"If he is able to have answers to his satisfaction to this defence, then he is willing to support it because NGRI will accomplish his goal of what he believes to be the 'justifiable' shooting of Weller," he said.

THE ASSOCIATED PRESS

Darren Mack, left, reacts to a question from his attorney William Routsis on Feb. 7, 2008, in Reno, at his sentencing.

MARILYN NEWTON/RENO GAZETTE-JOURNAL/THE ASSOCIATED PRESS

New York City

Stabbed man gets to McDonald's

New York City police say a man has been treated for a non-life-threatening injury after walking into a McDonald's restaurant with a kitchen knife stuck in his back.

Chief of Detectives Robert Boyce told reporters Wednesday that investigators have recovered video of the argument between four men that preceded the Tuesday stabbing.

THE ASSOCIATED PRESS

British Airways

Couple flies to wrong Grenada

A Washington couple is suing British Airways after they say the airline ruined their vacation by booking them tickets to the Caribbean island of Grenada instead of Granada, Spain.

Edward Gamson and Lowell Canaday say in their lawsuit that last fall they wanted to travel from Washington to London and then to Granada, Spain. Gamson says he explained his travel plans to a British Airways agent who made the reservation.

The lawsuit says the couple made it to London, but their connecting flight went to the Caribbean, not Spain. They didn't realize the mistake until they were airborne.

THE ASSOCIATED PRESS

Centre hosts contest for underwater robots

Tasks. Teams must identify a shipwreck, collect samples from a sinkhole, inventory invasive species and remove trash

Thunder Bay National Marine Sanctuary will host more than 60 teams this week from 18 states and 13 countries for an underwater robot competition.

The 13th annual Marine Advanced Technology Education Remotely Operated Vehicle International Competition takes place Thursday through Saturday. The competition is expected to bring hundreds of people to Michigan's northeastern Lower Peninsula, The Alpena News reported. "These teams are the best of the best in their classes, competing against each other," said Sarah Waters, sanctuary education and outreach co-ordinator. "All the robots are designed differently and each team brings some different skill or design with them to the competition."

An opening ceremony takes place Thursday morning, when teams will be given an overview of the competition and start setting up. Teams will work with their robots in a large tank and judges will be evaluating their performance along with engineering and other factors.

The tank used for the competition holds 2.27 million litres of water. Spectators are encouraged to come and watch teams navigate through the missions on a live feed. An online stream of the competition is expected, as well.

"This setting gives teams a feel of a ship on the water doing research, and forces them to deal with outside elements," said Waters.

THE ASSOCIATED PRESS

Cousteau studying Florida Keys reef

Fabien Cousteau (grandson of Jacques Cousteau) waves from inside Aquarius Reef Base, a laboratory 63 feet below the surface in the waters off Key Largo, in the Florida Keys National Marine Sanctuary. A team of filmmakers and researchers dove with Cousteau on June 1 to Aquarius. They've been studying the effects of climate change and pollutants such as fertilizers on the reef. WILFREDO LEE/THE ASSOCIATED PRESS

U.K. university finds box of ancient Sumerian artifacts

Amazing what you can find when you do a good clean-out.

Bristol University in Britain learned this firsthand when researchers discovered a box containing materials from archeologist Sir Leonard Woolley's dig of the Sumerian city of Ur tucked away on top of a cupboard.

"I would classify it in the same category as 'I found a Monet in my grandmothers' attic,'" Tamar Hodos, a senior lecturer in archeology, said Wednesday.

Researchers determined that the box's contents were 4,500 years old — consisting of pottery, seeds, carbonized apple rings and animal bones — and had come from a tomb at an excavation in Iraq that was jointly sponsored during the 1920s and 1930s by the British Museum and the University of Pennsylvania Museum.

The materials had been analyzed and described in earlier journals. But researchers are still thrilled because archeologists at the time did not always collect such organic items.

Index cards inside the crate scrupulously catalogue where the materials were found, together with identification numbers unique to the dig. The material has been given to the British Museum, which is assessing it.

THE ASSOCIATED PRESS

Ukraine finally to sign EU trade agreement that set off revolution

Deal. Country's exporters to get more access to Europe now, while Ukraine will open its markets gradually

On Friday, Ukraine will sign a sweeping economic and trade agreement with the European Union, a 1,200-page telephone book of a document crammed with rules on everything from turkeys to tulips, cheese to machinery.

Yet the agreement is far more than just fine print for experts; it was the catalyst of a revolution that killed scores of Ukrainians and toppled a president. The hope now is that it will spark another kind of revolution, this one in Ukraine's corrupt, underperforming economy.

The deal holds out the promise of sweeping change in a country rich in people and resources, but which has lagged behind many of its former Soviet peers.

Consider: When the Soviet Union broke up in 1991, Ukraine and Poland — the first a part of the bloc, the second ruled for decades by Moscow-backed communists — were on par economically. Ukraine's economy is still based largely on privatized Soviet enterprises in mining, steel and machinery.

By contrast, Poland created better conditions for business and new industries arose. Poland joined the European Union in 2004 and is now roughly four times richer than Ukraine, measured in economic output per person.

Former president Viktor Yanukovych had planned to sign the deal but reneged under pressure from Moscow, setting off months of protests that eventually forced him into exile and led to new elections. The new president, Petro Poroshenko, is due to sign the document Friday at a ceremony in Brussels.

The heart of the agreement is a comprehensive trade deal that eliminates 98 per cent of EU tariffs and 99 per cent of Ukrainian ones — taxes that governments put on imports to protect their domestic producers. Eliminating tariffs on goods and services should spur more trade, jobs and growth.

THE ASSOCIATED PRESS

Quoted

"The question is the modernization of the whole economy. Without institutional change, all the trade and investment will not be very efficient."

Economist Volodymyr Sidenko

Visitors buy candies at Roshen Confectionery Corporation's store in Kyiv, Ukraine in 2013. Ukraine is poised to sign a massive economic and trade agreement with the European Union. EFREM LUKATSKY/THE ASSOCIATED PRESS FILE

Kremlin. Russia scraps right to send troops into Ukraine

The Kremlin on Wednesday renounced the right to send troops into Ukraine and voiced support for a peace plan, but the West said Russia must do much more to stop the fighting in eastern Ukraine if it wants to avoid a new, more crippling round of sanctions.

A ceasefire, already fragile, is set to expire Friday, the same day that Ukraine signs a pivotal economic agreement with the European Union and the day that the EU and U.S. may consider further punitive measures against Russia.

The West appears to accept that it can do nothing about Russia's annexation of Crimea, while Moscow seems resigned to Ukraine signing the sweeping trade pact that will bind the country more closely to the EU.

But much uncertainty still surrounds the future of eastern Ukraine, where government troops are battling armed Moscow-backed separatists.

THE ASSOCIATED PRESS

Seen through a damaged gate, people repair the roof of their home Wednesday after it was destroyed by a mortar attack from Ukrainian government forces in Slovyansk, Ukraine.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

Helmand province

Afghan troops fight mass Taliban assault in south

Afghan security forces fought back against a fierce Taliban onslaught by about 800 militants in the key southern Helmand province Wednesday, as clashes that have killed dozens of people, including at least 35 civilians, stretched into a fourth day. The Taliban attacks targeted checkpoints and government buildings.

THE ASSOCIATED PRESS

Vote

Scandal can't topple Polish PM

A Polish government scandal sparked by leaked recordings of officials' private conversations lost some steam Wednesday when parliament voted its support for Prime Minister Donald Tusk's team. In one tape, the Central Bank head and the interior minister discuss how the bank could help the governing party win re-election — a violation of the bank's independence. THE ASSOCIATED PRESS

Lebanon

Suicide bombing at Beirut hotel

A suicide bomber blew himself up in his room at a Beirut hotel Wednesday as Lebanese security forces raided the premises, causing an explosion that sent flames and a dark cloud of black smoke billowing out of the third-floor windows, security officials said. The bombing is the latest in a string of attacks and security scares in Lebanon over the past week.

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Utah's gay marriage ban ruled unconstitutional by appeals court

Unprecedented. Gay rights supporters earn pivotal victory in appeals court for unlikely state

A U.S. appeals court on Wednesday ruled for the first time that states must allow gay couples to marry, finding the Constitution protects same-sex relationships and moving the issue one step closer to a possible Supreme Court decision that could affect the country at large.

Gay rights supporters have seen a remarkable winning streak in courts across the country in recent months.

The latest decision upheld a lower court ruling that struck down Utah's gay marriage ban. However, the 10th U.S. Circuit Court of Appeals panel immediately put the ruling on hold so it could be appealed, either to the entire 10th Circuit or directly to the nation's highest court.

"All I can say is that we are thrilled," said Kody Partridge, one of the plaintiffs.

The office of Utah's attorney general said it plans to appeal the ruling to the Supreme Court. The office also left open the possibility of requesting a review from the full panel of judges at the 10th Circuit.

The three-judge appeals panel found that states cannot deprive people of the fundamental right to marry simply because they want to be wedded to someone of the same sex. The panel found it "wholly illogical to believe that state recognition of the love and commitment between same-sex couples will alter the most intimate and personal decisions of opposite-sex couples."

On Wednesday afternoon, the couples named in the appeal hugged, cried and exchanged kisses at a news conference. Plaintiff Derek Kitchen said he and his partner, Moudi Sbeity, are "so proud to be a part of history."

The decision gives increased momentum to a legal cause that already compiled an impressive winning streak in the lower courts after the Supreme Court last year struck down the federal Defence of Marriage Act. Since then, 16 federal judges have issued rulings siding with gay marriage advocates.

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In this Dec. 20, 2013 photo, Chris Serrano, left, and Clifton Webb kiss after being married, as people wait in line to get licences at the Salt Lake County Clerk's Office, in Salt Lake City. A federal appeals court ruled for the first time Wednesday that states must allow gay couples to marry. KIM RAFF/THE ASSOCIATED PRESS

Conquering Utah

Evan Wolfson, president of Freedom to Marry, said Utah's legal victory was sweeter because of where it originated — a conservative, deeply religious state in the heart of the mountain west.

- The Church of Jesus Christ of Latter-day Saints, based in Utah, said in a statement on its website Wednesday that the church maintains marriage should be between a man and a woman but "all people should be treated with respect."

Fake lottery. Greek cops bust two men involved in $50-million scam

Greek authorities say they have broken a massive lottery scam targeting Germans that tricked about 360,000 people into paying to take part in non-existent draws.

A police statement Wednesday said two Greek men have been arrested on suspicion of running the ring, whose illicit earnings allegedly exceeded 36 million euros ($50 million) in nearly four years.

The crackdown came after authorities enlisted the help of German law enforcement. The ring allegedly used illegally-procured lists of German betting company clients, whom they then phoned, offering cash prizes or free holidays in return for a monthly subscription of about 30 euros ($41).

It was unclear why only people in Germany were targeted, but the country is much wealthier than Greece. Police said the two suspects arrested Tuesday in Athens were German-born.

THE ASSOCIATED PRESS

Brazil

Jealous man kills wife's friend after Facebook chat: Cops

Brazilian police say a Facebook conversation made a man so jealous that he killed and dismembered a friend of his wife.

The Rio de Janeiro police department said in a statement emailed on Wednesday that Anderson Gomes Aleixo grew jealous when he found out that his wife and a childhood friend were chatting on Facebook.

The statement says Aleixo confessed that he forced his wife to invite her friend to their house on June 8, then killed Francisco de Assis Coelho Neves with a knife and dismembered the body.

THE ASSOCIATED PRESS

Kim assassination movie 'act of war': North Korea

Kim Jong-un and Seth Rogen THE ASSOCIATED PRESS FILE, GETTY IMAGES FILE

North Korea is warning that the release of a new American comedy about a plot to assassinate leader Kim Jong-un would be an "act of war."

If the U.S. government doesn't block the movie's release, it will face "stern" and "merciless" retaliation, an unidentified spokesman for North Korea's Foreign Ministry said in state media Wednesday.

He didn't mention the movie by name but was clearly referring to The Interview, which stars Seth Rogen and James Franco as a producer and talk-show host who land an exclusive interview with the North Korean dictator and are then asked by the CIA to assassinate him.

The "reckless U.S. provocative insanity" of mobilizing a "gangster filmmaker" to challenge the North's leadership is triggering "a gust of hatred and rage" among North Korean people and soldiers, the spokesman said, in typically heated propaganda language.

The film's release would be considered an "act of war that we will never tolerate," he said.

With no independent press of its own, North Korea often holds foreign governments responsible for the content of their media. Pyongyang regularly warns Seoul to prevent its conservative press from mocking or criticizing its leadership, something banned within authoritarian North Korea, where the Kim family is revered.

THE ASSOCIATED PRESS

Twitter

"People don't usually wanna kill me for one of my movies until after they've paid 12 bucks for it."

Seth Rogen, Canadian co-writer, co-director and co-star of The Interview

French doctor Nicolas Bonnemaison, seen here arriving at the courthouse in Pau, southwestern France, on the first day of his trial earlier this month, was acquitted Wednesday of poisoning charges after giving lethal injections to help seven terminally ill patients die. BOB EDME/THE ASSOCIATED PRESS FILE

Right to die gets new lease on life

Euthanasia. French doctor acquitted after helping patients die; U.K. court questions assisted-suicide ban

A French doctor was acquitted Wednesday of poisoning charges after giving lethal injections to seven terminally ill patients, and Britain's Supreme Court said an assisted-suicide ban is incompatible with human rights, fuelling the arguments of those who say the duty of doctors is to end the suffering of those beyond treatment.

Coming a day after France's top administrative court ordered an end to the treatment of a comatose man — a decision later blocked by the European Court of Human Rights — the rulings cast new light on the legal struggle over medical treatments for the terminally ill or patients in vegetative states.

France's president has said he wants to make it easier for some terminally ill patients to request medical help to end their lives. Relatives of Dr. Nicolas Bonnemaison's patients had testified in his favour. The physician's lawyer said he hoped the decision — and Tuesday's rulings in the case of the comatose man — would force the government to act quickly.

The British Supreme Court decision was unexpectedly far-reaching. Although it dismissed the appeal from two severely disabled men who argued the law should be changed to allow doctors to legally kill them, the ruling suggested Parliament change the law to be in line with human rights guarantees.

Penney Lewis, a law professor in London, said the British case and the acquittal of Bonnemaison followed a trend of broadening legal acceptance for euthanasia and assisted suicide.

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Quoted

"There are no heroes here, no martyrs. This man acted as a doctor."

Benoit Ducos-Ader, lawyer for Dr. Nicolas Bonnemaison, commenting on the French doctor's acquittal.

Chicago

Council tightens gun store rules

Chicago city council approved 48-0 Wednesday an ordinance that dramatically limits where gun stores can operate and requires them to videotape every purchase, to prevent people from buying a gun for someone else.

A January federal court ruling gave Chicago until July 14 to put gun store rules in place.

THE ASSOCIATED PRESS

France. Highest court upholds head-scarf firing

France's highest court has upheld an appeals court ruling in favour of a nursery school director who fired an employee for wearing a Muslim head scarf to work.

Wednesday's decision closes a six-year legal wrangle between the dismissed employee and the head of the private nursery school.

The case has captured headlines because of potential implications for companies who want to extend a 2004 school ban on Islamic head scarves or a 2010 law banning face veils in the street.

However, the Court of Cassation made clear its ruling doesn't mean France's principle of secularism, which is behind the bans, can be universally applied to private-sector employees.

The court said the nursery's rule forbidding religious displays was "justified by the nature of the tasks."

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Key to antibiotic resistance in the dirt?

A soil sample from Nova Scotia has yielded a compound that could help fight antibiotic resistance.

Researchers from McMaster University in Hamilton have discovered a fungus that produces a chemical that overrides the antibiotic resistance powers the dangerous NDM-1 gene gives to bacteria.

They liken the compound to an adjuvant, a chemical that enhances the power of vaccines.

Biochemistry professor Gerry Wright and his team have been looking in soil samples from around the country for bacteria and fungi that produce chemicals that might inhibit antibiotic resistance.

This early finding is published in this week's issue of the scientific journal Nature.

The McMaster team found the compound worked to resensitize resistant bacteria that contain the NDM-1 gene, and even cleared a resistant infection from a mouse.

Wright says the compound, called aspergillomarasmime A or AMA, interferes with the NDM-1 gene's source of zinc. The gene needs zinc to work.

Much testing remains to be done to see if this compound could be used safely and successfully in people. But the hope is it could be taken in combination with antibiotics to help prolong the lifespans of these critical infection-fighting drugs.

The rise of antibiotic resistance and the paucity of new antibiotics in the production pipeline have created fears that the world could be facing a future in which antibiotics no longer work.

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Rescue workers carry the remains of a person in a body bag after a explosion at a shopping m

Attack on at least 21

17 wounded. Extremists bomb centre as people meet to watch World Cup

An explosion blamed on Islamic extremists rocked a shopping mall in Nigeria's capital, Abuja, and police said 21 people were killed.

The blast came as Nigerians were preparing to watch their country's Super Eagles play Argentina at the World Cup in Brazil. Many shops at the mall have TV screens but it was unclear if the explosion was timed to coincide with the match, which started an hour later.

Witnesses said body parts were scattered around the exit to Emab Plaza, in Abuja's upscale Wuse 2 suburb. One witness said he thought the bomb was dropped at the entrance to the mall by a motorcyclist. All spoke on condition of anonymity for fear of reprisals.

Soldiers shot and killed one suspect as he tried to escape on a power bike and police detained a second suspect, said government spokesman Mike Omeri.

Billows of black smoke could be seen from a kilometre away, and police said 17 vehicles were burnt out in the blast.

"I heard the explosion and (felt) the building shaking," said Shuaibu Baba, who had a narrow escape. He said he rushed downstairs to find that the driver who had dropped him a few minutes earlier was dead. "I asked the driver to come with me, and he said 'No,' he would wait for me in the car."

Police Supt. Frank Mba said 17 people were wounded and 21 bodies were recovered.

It is the latest in a series of violent attacks blamed on Islamic extremists. Nigerian security forces appear incapable of curtailing the near-daily attacks concentrated in the northeast, where Boko Haram extremists have their stronghold.

On Tuesday night, extremists in the northeast attacked a military checkpoint and killed at least 21 soldiers and five civilians, witnesses and a hospital worker said Wednesday.

Abuja is in the centre of Nigeria and the militants have spread their attacks to the capital. Two separate explosions in Abuja in April killed more than 120 people and wounded about 200 at a busy bus station. Both were claimed by Boko Haram, which has threatened further attacks.

THE ASSOCIATED PRESS

all in Abuja, Nigeria, Wednesday. OLAMIKAN GBEMIGA/THE ASSOCIATED PRESS

mall kills in Nigeria

People watch as smoke fills the sky after an explosion rocked a shopping mall in Nigeria's capital, Abuja, on Wednesday. Police say at least 21 people have been killed and 17 wounded. THE ASSOCIATED PRESS

Pacific Northwest

Orcas among most contaminated mammals: Report

Southern resident killer whales are among the world's most contaminated marine mammals, with pollutants particularly high in the youngest whales, according to information released Wednesday by U.S. scientists.

Biologists with the National Oceanic and Atmospheric Administration summarized a compilation of research findings that reveal the mysterious lives of a small population of endangered killer whales that frequent Puget Sound, off the northwestern U.S. coast.

The striking black and white whales have come to symbolize the Pacific Northwest and play an important cultural and spiritual role for many Northwest tribes.

THE ASSOCIATED PRESS

Nigeria

Man committed for being an atheist: Lawyer

A lawyer says a staunchly Muslim family in Nigeria has forced their son into a mental hospital for declaring himself an atheist.

Mubarak Bala, 29, says he is being drugged and held against his will in a psychiatric ward in Kano. Bala alerted people to his plight with tweets from a smuggled phone, saying his father beat him up and sedated him, and that when he awoke he was in the hospital. Bala describes his father as an Islamic leader who "can't afford to have a non-Muslim family member, so he declared me insane."

Lawyer Muhammad Bello Shehu says Bala's father said he committed his son for safety as he could be lynched for denying God exists.

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Britain's PM, Murdoch still under fire

Not over. The end of the tabloid phone-hacking trial isn't the end of the matter for PM Cameron and media titan Murdoch

Britain's epic tabloid phone-hacking trial ended Wednesday with a hung jury on two final counts — and a judge's rebuke for Prime Minister David Cameron, whose televised comments about the case while it was still underway almost scuttled proceedings.

Cameron is already under pressure for his ties to the only person convicted at the trial, former News of the World tabloid editor — and ex-Downing Street communications director — Andy Coulson.

Coulson's conviction for conspiracy to hack phones was also unwelcome news for Rupert Murdoch, his former employer, and raises the possibility of a corporate prosecution for Murdoch's media behemoth, News Corp.

Senior Murdoch executives have already been questioned by U.K. police investigating wrongdoing at his British tabloids, and the Guardian newspaper reported Wednesday that detectives want to question Murdoch "under caution" — meaning as a potential suspect. THE ASSOCIATED PRESS

Theatre

Trial takes centre stage

After months of courtroom drama comes phone hacking, the play.

Britain's National Theatre said its next production will be "an anarchic satire about the press, the police and the political establishment," titled Great Britain.

The company says the play is fiction, but the description recalls the scandal over wrongdoing at Rupert Murdoch's now-defunct News of the World tabloid.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.27¢ (+0.19¢)

TSX 14,974.65 (+14,974.65)

OIL $106.50 US (+$0.47)

GOLD $1,322.60 US (+$1.30)

Natural gas: $4.55 US (+$0.03)
Dow Jones: 16,867.51 (+49.38)

It's cottage (buying) season

Canada's summer cottage market is showing no signs of cooling off as it rebounds from a long winter and late spring, national realtor group Re/Max said Wednesday. Sales in Ontario and Atlantic Canada were up in May after a sluggish April, and Re/Max is forecasting a mid- to high single-digit price increase for cottages, cabins, vacation condos and camps throughout the rest of the year. ISTOCK

Holder. U.S. to start legal process to grant EU citizens data protection rights

The Obama administration will seek to introduce legislation that grants Europeans the same privacy protection rights as U.S. citizens when their data is being transferred to the U.S. for law enforcement purposes, U.S. Attorney General Eric Holder said Wednesday.

The U.S. and EU have been negotiating since March 2011 on the protection of personal data in such cases, which include transferring data of European citizens to the U.S. for crime prevention, prosecution, investigation and combating terrorism. The EU argues that its citizens who do not live in the U.S. should have the same rights as US citizens living in the EU.

"The Obama administration is committed to seeking legislation that would ensure that ... EU citizens would have the same right to seek judicial redress for intentional or wilful disclosures of protected information, and for refusal to grant access or to rectify any errors in that information, as would a U.S. citizen under the Privacy Act,'" Holder said.

He was speaking Wednesday after an EU-U.S. Justice and Home Affairs ministerial meeting in Athens. Greece currently holds the EU's six-month rotating presidency.

THE ASSOCIATED PRESS

Bazinga and Tridel. Deal brings a new social network for the condo set

A Vancouver company is hoping condo-dwelling Canadians have room for one more social network in their lives.

On Wednesday, the company Bazinga announced it has inked a deal with Canada's largest condo developer, Tridel, to integrate its social media platform into the real estate company's new and existing projects.

Bazinga is a little like Facebook — allowing residents to chat with each other and building staff — and also lets users book amenities, access important documents and receive news about their community.

"Think of it as your building's (Facebook) wall but it's very interactive," says Bazinga founder Joseph Nakhla.

"You can post things, there's alerts — like, 'Keep an eye open on this issue,' 'Did anyone lose a bag?,' 'Is anyone looking for a car pool partner?' — (and) information on nearby businesses. It's very specific conversations that are occurring on the platform. What differentiates it from other platforms is there's heavy utility in there.

"And it's private. It's secure. It has only the people who are owners or tenants. There's no such thing as an anonymous presence on the platform."

THE CANADIAN PRESS

Aspartame to sucralose

Yoplait Light switches to new sweetener

The maker of Yoplait Light is hoping a sweetener change can help bring back customers.

General Mills Inc. said Wednesday it plans to remove aspartame from its popular reduced-calorie yogurt in favour of another artificial sweetener, sucralose. The change comes as General Mills struggles to fix its Yoplait business.

THE ASSOCIATED PRESS

Yoplait Light will no longer have aspartame in it. THE ASSOCIATED PRESS FILE

United States

Police need a warrant to search phones: Top court

In a strong defence of digital age privacy, a unanimous U.S. Supreme Court ruled Wednesday that police may not generally search the cellphones of people they arrest without first getting search warrants.

Cellphones are powerful devices unlike anything else police may find on someone they arrest, the Chief Justice said for the court.

THE ASSOCIATED PRESS

The next chapter

Barnes & Noble turns page on Nook e-reader

Barnes & Noble hopes to survive by splitting in two.

The largest U.S. brick-and-mortar bookseller, beset by tough competition from online retailers like Amazon and discount stores like Walmart, said Wednesday that it plans to split off its Nook e-reader division as it looks to boost shareholder value. THE ASSOCIATED PRESS

Employment Minister

Skilled worker shortage will grow: Kenney

A shortage of skilled workers is the biggest challenge many Canadian businesses face today, Employment Minister Jason Kenney told a skills summit Wednesday, warning it could also jeopardize Canada's economic development in the future.

The problem would continue to grow as the population ages, Kenney told the one-day conference. THE CANADIAN PRESS

Developer conference

Google aims to be more entwined in your daily life

Google kicked off its two-day developer conference Wednesday in San Francisco with more details about Android Wear, a version of the operating system customized for wearable gadgets such as smartwatches.

The online search leader's unveiled far-reaching plans to push further into the living room, the family car and the TV set.

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THE NEAR-DEATH THAT WASN'T

HE SAYS

John Mazerolle
metronews.ca

I've never had great life skills, but I've come to realize I don't have great death skills, either.

I was in an accident recently where I could have been killed — this happens to me every three years or so — and the impact it had was, well, absolutely nothing.

Shouldn't I be inspired or something?

In my defence, it wasn't much of a near-death experience: I fell off my bicycle at a busy intersection.

To the people who saw the accident, it likely looked less like a matter of life and death and more like a schmuck faceplanting comically into the pavement. But, if it had a laugh track for them, it was Adagio for Strings playing in my head, as I tumbled in slow motion toward the pavement and thought, "I might get run over before I have a chance to turn around."

Fortunately the driver behind me was not on his phone, so my corpse did not end up on Instagram with a filter giving my skin a healthier tone than it ever had in life.

Which leads to my first lacking death skill: Isn't my life supposed to flash before my eyes? The message from most inspirational speakers is that "one day your life will flash before your eyes, so you'd best make it a good show" or some such. But when I fell, all I saw was the streetcar track I wiped out on, the pavement, and the truck grill.

I'd been promised a Vine of my life's greatest moments, and instead it would have been like I was browsing stock photography. If the car had hit me the last images before death would have been a close-up of an interracial handshake and a woman way too happy about her salad. Not that I'm ungrateful. I totally prefer being alive.

In fact, immediately afterward I decided to celebrate. I was alive! Time to live! This led to my second death deficiency: My big response to near-death was to get a fancy coffee with whipped cream on it.

I'm not sure which is sadder: That this is my idea of living it up, or that my response to avoiding death was to order a drink that would push me closer to it.

Finally, and most damningly, the accident did nothing to motivate me into a better life. It freaked me out for a few hours, because we're just bags of meat that should have 'FRAGILE' stamped on our bodies. But that's it.

I've done nothing to improve myself, felt no more in touch with my life, nor started a charity like Cyclists Against Faceplanting in Traffic.

When I faced my own mortality in the past — at a funeral or during an accident — my immediate response was a figurative roller-coaster ride: euphoria, disappointment, levelling off.

Now I feel fragile for a couple of hours, have an expensive coffee and write a column. I think I'm OK with that.

But change my life in a big, noticeable way?

Well, that'll be the day that I die.

ON TRACK

The SEFT-1 was designed by two artists to explore their country's railways that are no longer in use. COURTESY SEFT-1 PROJECT

Artists create sci-fi car for railroads

A pair of Mexican artists have brought their country's abandoned railways back to life — by taking a sci-fi aluminum car for a ride on them.

Ivan Puig and Andrés Padilla built the SEFT-1 (Probe Exploration Manned Railway) car to explore how once useful railroads still have a purpose.

The SEFT-1 is a vehicle with an aluminum body fit for sitting two crew members (called Los Ferronautas). The silver car is also capable on riding on land with the use of rubber tires.

According to the project creators, the SEFT-1 aims to make a survey using photography, video, audio and text of the isolated areas it visits. METRO

By the numbers

9,000

Number of kilometres the artists travelled across Mexico and Ecuador, from 2010 - 2012 in SEFT-1.

Artists' viewpoint

"It's a transdisciplinary art project, one of public interaction and diffusion, which proposes the exploration of disused railway tracks as a starting point for reflection and research."

Ivan Puig and Andrés Padilla

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ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're anything like us, you've long thought the biggest problem with mountain biking was that it's just not dangerous enough. Careering down hills, weaving between towering trees, ricocheting off rocks — YAWN!

Now, if we could somehow mix the speed, exhilaration and wind-through-the hair excitement of mountain biking with the assorted dangers of traversing a major city. Now we're talking. Thankfully, the good people of Bratislava arrange such a thing once a year and this is what it looks like. (EpicTV/YouTube)

THE ASSOCIATED PRESS FILE

metro

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SCENE 2

Fancy a little hair of the dog?

The Drunk Show 2.
Six of Winnipeg's best standup comics get stupendously sloshed and attempt to do their acts

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Dubbed "the best night of standup they'll never remember," the intoxicated event first went down in May 2013. Chantel Marostica, a Winnipeg comedian and The Drunk Show producer, said she performed pie-eyed last time out, but is staying sober for show No. 2 as she's the host and showrunner.

"You need someone to delegate the comics because they're just so drunk. You have to be their girlfriend and their mom," Marostica says.

Drinking on the job are comedians Ryan Ash, Jordan Welwood, Dan Glasswick, Tim Gray, Dana Smith and Andy Noble. Marostica said she picked Ash, Welwood and Glasswick because they had impressive inebriated sets at the first Drunk Show. Gray, Smith and Noble are Drunk Show newbies, but Marostica says they are all talented comics, capable of performing pissed.

However, she admits she had an ulterior motive for booking Noble.

"When he gets drunk, he gets really huggy, so maybe I'll get a lot of hugs. I'm mainly being paid in hugs," Marostica says.

Noble has been doing standup almost two years, but says he's never performed completely smashed. However, he has a plan if his set goes off the rails.

"I was thinking about pointing to a guy in the front row and saying 'You are going to be my stenographer,' where if I point to them it means I've lost my place and they have to tell me where I was," Noble says.

Adding to the hammered hilarity is that the audience will be playing a drinking game. If a comic messes up a joke, they get "iced," which means chugging a Smirnoff Ice. Marostica says she was the victim of a few icings last Drunk Show, which affected her performance.

"I didn't even tell one joke. I did 22 minutes of just making out with girls and learning how to Dougie," Marostica said.

The Drunk Show 2 goes down Friday at the Park Theatre.

Tickets are $10 at the Park, from the comics and at ticketfly.com or $15 at the door. Show time is 8 p.m.

The Drunk Show 2: Bigger, Better, Drunkier, an evening of intoxicated standup comedy, happens Friday at the Park Theatre. GEORGIA PEACH

Quoted

"You need someone to delegate the comics because they're just so drunk. You have to be their girlfriend and their mom."

The Drunk Show producer Chantel Marostica

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Elton John ALL PHOTOS GETTY IMAGES

Can you feel the love tonight? Elton John can't

Elton John was flying the unfriendly skies recently, reportedly getting into a vicious shouting match with husband David Furnish in front of friends aboard a private jet bound for the recent Bonnaroo music festival in Tennessee, according to Radar Online. "Elton and David flew a few friends with them to the gig, and they all know Elton gets pissed when something isn't completely on his schedule. One of the cars carrying his friends was late. He got super-annoyed and even more so when David told him he was basically acting like a brat," a source says. "David calling out Elton sent him into a huge rage. He even went so far as to threaten to pull support for the (Elton John AIDS) Foundation, knowing it's one of the things that means the most to David." Things were very tense for a moment until John excused himself. "Elton went in a separate part of the plane for a while and cooled off. When he came back he played it off by making a joke about it," the source says. "It's a common occurrence between Elton and David, but definitely went further than their friends have seen before."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gary Oldman says sorry for just a little bit of his bigotry

MELINDA TAUB
Metro World News

Gary Oldman has had a lot of time to do some soul-searching since Tuesday, when it became known that he'd said some terrible things about Jews, black people, and gay people. He has realized that he is deeply sorry for some of it.

Among Oldman's many colourful remarks to Playboy, he opined that Mel Gibson only got in trouble for spouting anti-Semitic epithets because he's "in a town run by Jews." Whatever else is going on in Oldman's withered old brain, he does at least understand that the ol' Nazi refrain "Jews control the media" is not a road you want to go down, and he said as much in an open letter to the Anti-Defamation League.

"I am deeply remorseful that comments I recently made in the Playboy Interview were offensive to many Jewish people," Oldman wrote, according to Page Six. "Upon reading my comments in print — I see how insensitive they may be, and how they may indeed contribute to the furtherance of a false stereotype."

They do indeed contribute to that! However, speaking as a Jewish person: Come on, man. Don't single us out. If you're going to apologize to the people you offended, apologize to all of them.

Twitter

@RuPaul
Quick Reminder: Never Google yourself, unless in the company of a life coach or therapist

@jason_mraz
In my next life I hope to come back as a cat. The oldest cat ever. A vegetarian cat who surfs. And lives in The Netherlands.

@SethMacFarlane
Ah, the decline of journalism: From Woodward and Bernstein cracking Watergate to Buzzfeed telling me which Disney Princess I'm most like.

Adam Levine

'I did not have sexual intercourse with Lindsay Lohan,' says Adam Levine

It seems like Lindsay Lohan's leaked list of sexual conquests is going to haunt every famous name it contains for quite some time. Case in point: Maroon 5 front man Adam Levine had to take time out of his recent interview with Howard Stern to follow James Franco's cue and deny any intimate connection to Lohan. "By the way, you were listed on Lindsay Lohan's sex list, that you had sex with her. I didn't know this," Stern offered, to which Levine promptly shot back, "That's not true. I did not have sexual intercourse with Lindsay Lohan." Stern then pointed out that no one on the list has confessed to actually having earned their spot. "That's because I think we're being truthful about that very specific thing," Levine responded. "I can f—ing see it on the paper, I'm getting much better at this."

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LIFE 3

PLUS HOMES

Artful android: Here she comes now, sayin' Monáe, Monáe

Trending on her own terms. Janelle frees her 'soul' through her look and lyrics on the run-up to her summer tour

RICHARD PECKETT
Metro World News

"Embrace the things that make you feel unique, even if it makes others feel uncomfortable," says singer-songwriter Janelle Monáe. That maxim is something Monáe has perfected. The Kansas-born artist, like her time-travelling robot alter-ego Cindi Mayweather, isn't one to conform to outdated stereotypes. She's a feminist, womanist, and apparently an android. It's an attitude that the 28-year-old, who is touring this summer, takes into her albums The ArchAndroid and The Electric Lady, which deal with social and racial restriction. Even her artistry can't be straightjacketed into sound or style conventions: the Little Richard-esque quiff and her monochrome era-transcending tuxedo ensembles are as redefining as her sci-fi R&B soul, which seamlessly straddles a multitude of musical genres.

You're one of the musicians involved in the Pepsi Beats of the Beautiful Game campaign, where you, like the footballers, have your own (monochrome) team strip. But when do you intend to go for a different look?
Whenever I look at the moon and make that decision. I'm exercising my right and my freedom as a citizen to wear what I want.

Suit or birthday suit

I'm a free person who is taking the opportunity to be in control of their image: if I want to be naked one day I can and if I want to wear a tuxedo that's fine.
Janelle Monáe

Speaking of strip, is it true that you took some of your early tracks from The Electric Lady to a strip club to see how the dancers moved to it?
Oh yeah, absolutely.

Have you been back since?
I've been back since. I love watching people dance and the album is centred around women and I want to understand every type of woman: strippers, college students, the artist, the ghetto woman, the Queen. I definitely went to the strip club to do research and to understand their story.

You've talked about redefining the idea of sexy. What's your ideal?
I don't have an ideal of sexy; I don't go out of my way to be sexy. If you are [sexy], you don't have to try. For me personally, I'm a free person who is taking the opportunity to be in control of their image: If I want to be naked one day I can, and if I want to wear a tuxedo that's fine.

Janelle Monáe hopes to inspire her fellow females to take control of their own image. CONTRIBUTED

Do you think that women in the music industry are pressurized into a certain 'sex sells' image?
Well, I think when you come into the music industry there's this notion that because you're a woman, you need to dress a certain way. I want to let people know that that's not true. You just need to get to a certain level of success and be a cover girl [Monáe is also the face of beauty brand CoverGirl] and create your own image — people will love that. You don't have to take the same co-ordinates to reach a destination.

How have you managed to maintain that level of autonomy while signed to a major label?
How have I managed? (Laughs). That's like saying how have you managed to go to a subway and get the money out of your bank account?

Point taken. Is this one of the reasons that you're anti-bullying?
I have definitely been bullied and I've also stood up for myself, too. I used to fight a lot growing up but I don't think that's the way to do it because you can have an accident, get hurt or someone can shoot or stab you, then you're dead in hospital. When I was young, I was a real firecracker. Now I just stand up for others through art.

AUGMENTED REALITY

→ Want hair like Janelle? Scan this photo with your Metro News app for a step-by-step video to walk you through her fun, unique look.

→ See the full instructions on Metro's Voices page.

metro AR

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Shannon

Age: 28

Canadian trendsetter on the move

What is the most important piece of clothing/beauty product in your travel bag?

A really funky/well-fitted bikini; if there's a beach that's all I wear! My favourite beauty product is Nars Copacabana liquid multiple. It is the most beautiful/natural highlighter for the cheeks and the eyes. Looks amazing with nice sun-kissed skin. Perfect natural enhancer for a night out, a little glam on vacation.

PHOTOGRAPHER: KAYLA ROCCA
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Get your fancy weeknight dinner on

This recipe serves four. PIERRE BEAUCHEMIN

Stuffed Duck Breast with Marjoram Jus.

This dish offers a touch of sophistication that is sure to wow guests and takes just three steps

"If the stuffing isn't cooked before filling the duck breasts, this dish will require more cooking time, which will overcook the duck and toughen the meat," writes Jean-Paul Grappe in his book Basil, Thyme, Coriander and Other Herbs.

This dish can be served over fingerling potatoes, green beans and spinach.

1. Grind the first six ingredients for the stuffing twice with a medium disc in a meat grinder. Add the marjoram, salt, and pepper, and mix well. Make 4 small rolls the same length as the duck breasts, wrap them in plastic wrap and tie the ends. Cook them in 212 F (100 C) water, for 5 to 6 minutes. Cool in cold water. Set aside.

2. Butterfly the duck breasts and season with salt and pepper. Fill with the cooked rolls of stuffing. Close and season with salt and pepper. Set aside. In a sauté pan, heat the duck fat and sear the breasts skin side down for 2 to 3 minutes. Do the same for the other side. Put a lid on slightly askew and cook on medium heat for 7 to 8 minutes. Remove the excess cooking fat from the pan and flambé the breasts in Armagnac. Remove them from the pan and keep warm. In the same pan, add the thickened duck stock and finish the sauce with butter. Adjust the seasoning.

3. Pour the sauce onto the bottom of the plate. Slice the breasts and serve on top of the sauce. **EXCERPTED FROM BASIL, THYME, CORIANDER AND OTHER HERBS BY JEAN-PAUL GRAPPE (FITZHENRY & WHITESIDE, 2014)**

Ingredients

Stuffing
- 2 oz (60 g) duck thighs, trimmed
- 2 oz (60 g) duck liver
- 2 slices of bread
- 1/4 cup (60 ml) heavy cream (35%)
- 1 egg white
- 1 tbsp potato starch or corn starch
- 1 1/4 cups (90 g) marjoram, chopped finely
- Salt and pepper

- 4 duck breasts, 8 oz (240 g) each
- Salt and pepper
- 2 oz (60 g) duck fat
- 2 oz (60 g) Armagnac
- 1/2 cup (125 ml) thickened store-bought demi-glace
- 1/2 cup (120 g) butter

Cookbook of the Week

A little herb goes a long way

In his book Basil, Thyme, Coriander and Other Herbs, Jean-Paul Grappe shines the spotlight on herbs by demonstrating how much they can enhance the flavour of a dish.

Included in the book are 20 herbs and their histories, therapeutic values and use in the kitchen. Among the specific herbs included are: dill, basil, chives, cilantro, bay, mint, mustard, sorrel, rosemary, sage, thyme and more. Recipes, meanwhile, include Vegetable and Chive Sauté, Pork Chops with Hyssop, Atlantic Tuna with Mint Butter, and more.

METRO

Take your visitors on a culinary tour

Summer lovin'. Tourism Winnipeg launches do-it-yourself culinary tours through city.

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Looking for a way to entertain your summer visitors? Lead them down a trail—a delicious one. Tourism Winnipeg has done all the legwork, recently launching do-it-yourself culinary trails that showcase the city's best eats. Download a map, maybe make a reservation and go taste what the city has to offer.

The first in the series is the Home Grown trail and it's all about flavours and ingredients we like to call our own. There are eight destinations featured on the trail. You can spend as little at $3 for a burger at Sonya's or as much as $99 on the three-pound, bone-in rib eye at Prairie 360. In other words, the trail offers something for every price point.

At fusion grill, go for the Chips and Cheeks— a plate of panko-crusted Lake Winnipeg pickerel cheeks with crispy yam frites riding sidesaddle. At Market Burger, take your pick from Manitoba-grown proteins including beef, bison, pork and chicken for lunch on a bun with your favourite cheese.

For a destination with an unbeatable view and local food, take at seat at Prairie 360's revolving restaurant and order the bison and prosciutto perogies. When your sweet tooth beckons, head for Tall Grass Prairie Bakery where they buy grains from locals, mill them on-site and make the most mouth-watering cinnamon buns imaginable (and fantastic ancient grain breads too).

For maps and menus, visit tourismwinnipeg.com/things-to-do/where-to-eat/culinary-trails/.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

Chips and Cheeks from fusion grill features Lake Winnipeg pickerel cheeks serves with yam frites.
SHEL ZOLKEWICH/FOR METRO

Mixing wood tones

Basics of interior design. Wood, like any other interior decorating element, has a shelf life

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

One of the hardest renovating or decorating decisions is choosing wood tones for items like flooring and kitchen cabinets. Not only do they cost a lot of money, but must stand up to at least a decade of changing trends.

The secret to making the right choice is to consider how you live and what other wood elements you have gravitated to over time.

For instance, do you have a large collection of antique pine furnishings or do most of your picture frames have a certain stain colour that you enjoy? This might be the start to making a large purchase of a longer-lasting wood product for your home.

Here are some guidelines to help you choose:

Contemporary or traditional
The lighter the wood tones, the more casual or contemporary the space will feel. The darker the tones, the more traditional or masculine the space will appear.

The magic of a trifecta
Do not incorporate more than three different woods in any given space — for instance, chestnut coloured floors, cherrywood cabinets and a pine table. More than three will look overcollected and junky.

Follow this example

Three-tone perfection

A room looks best when decorated with no more than three wood tones: Dark wood floors, medium wood furniture and pale wood wall create the perfect example.

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Give inherited pieces a new finish
If you inherit a fine piece of furniture, consider having it re-finished in a more up-to-date stain that helps blend it into your established decor.

Follow big trends in small accessories
Influenced by a trend tone of wood? Use it in small furnishings like side tables or in room accessories like storage boxes or lamps.

Fell mighty 'builder' oak with paint strokes
Too much "builder" oak wood around your home? Consider painting baseboards, interior doors, mantels and stair handrails to match an existing paint colour (usually white).

Cherry-pick your colours
You can often look to your home's architecture for inspiration in wood tones. For instance, an Arts and Crafts space can feature cherry wood. Pale light tones survive well in a boxy, modern space and deep mahogany looks best in a space with historical charm.

Give matchy-matchy a pass
Matching all wood elements can look too predictable. Varying the wood's stain colour by using lighter or darker tones helps add visual variety without overwhelming the room with too many types of wood.

What decade does your wood say you are?
Every decade has its trend wood: 1970s, knotty pine; 1980s, golden oak; 1990s, blonde maple; 2000, espresso/ebony; 2010, driftwood oak.

Refresh outdated wood
And lastly, we all know men act like wood is gold, and it should never be painted. If the wood in your home is outdated, then it's time for a change. Re-stain or paint it to give it another five to 10 years of life.

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Up to your deck in maintenance?

A quality stain can ease the pain. Treat surfaces with premium products and an annual power wash to extend the life of your deck

Decks have become an essential feature of a modern home and a hub of activity for life in the summer, so most homeowners would rather spend their time enjoying them, not maintaining surfaces.

The weather across Canada, from snow to rain and hot sun, can cause serious deck maintenance issues, such as a need for sanding and staining every few years for optimal appearance and durability.

"With the Vancouver weather, we get lots of requests for low-maintenance decks," says Jobie Mallett, owner of Vancouver's Little Star Renovations. "People want low maintenance, but I always tell them it doesn't matter what you put on, there is always going to be some kind of maintenance."

Instead of talking low maintenance with his clients, Mallett says he tries to divert their thinking to long-lasting because, if nothing else, homeowners will have to power wash their deck every year to extend its life.

"It often comes down to the kind of stain they use," he says. "That is a big deal. People pick cheaper stains and end up having huge maintenance issues down the road."

Mallett says when a homeowner is spending $10,000 on a deck, an extra $200 on well-trusted premium stain is pennies when you consider the amount of maintenance needed in future if you put on a bad product.

"I've seen so many people put on a cheap stain because it has a big-box store label on it, and then they have huge issues down the road because they have to try and remove the old stain to put a new one on," he says. "You get what you pay for, but it is well worth the money to buy a premium stain."

Like Mallett, Joshua Czerwinski, sales and design manager/owner of Paramount Custom Decks Inc. in Edmonton, says low maintenance is a huge request from his customers when it comes to decking and related products.

"In the last five to 10 years the low-maintenance products have improved substantially," says Czerwinski. "The selection out there is a lot bigger than it was. The problems and warranty claims have been going down drastically. The products, in my opinion, are a lot better."

THE CANADIAN PRESS

Annual upkeep

- Clearing snow from a deck protects the wood and also prevents potential collapse of the deck itself if there's a heavy buildup of the white stuff.
- Washing annually helps remove leaves and pollen, which can eventually lead to mould, mildew and algae.

Low maintenance has become the biggest request from homeowners when it comes to decks, but experts say some maintenance will give the investment a longer life. ALL PHOTOS MONIKAH WISEMAN/PARAMOUNT CUSTOM DECKS/THE CANADIAN PRESS

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GREENTREE CONTINUES TO INNOVATE

Searching for a home in established suburb of Sunny St. James?

CONTRIBUTED

Greentree Homes' dedication to homeowners has brought them to the forefront as leaders in the housing industry.

Founded in 1965, and celebrating 49 years of building distinctive residences, Greentree Homes continues to pride themselves on their dedication in offering quality and innovation.

Their distinctive property being built on the site of the former Silver Heights Collegiate is the epitome of luxury blended with the finest features and amenities.

Glen MacFarlane, sales agent for this unique property, says the response from the public is overflowing with positive accolades. "I have had many clients visit the temporary trailer situated on the property and tell me their stories of when they graduated from Silver Heights Collegiate. They have bought units not only for their comfort and value proposition, but to maintain tradition and reside on the property where they went to school. The stories are heartwarming to say the least," says MacFarlane.

The tower of Phase 1 is currently more than 40 per cent sold, with completion scheduled for November 2014 occupancy with the second phase duplexes commencing with occupancy in 2015.

Tower One of the development offers both one and two bedroom well-appointed suites ranging in size from 600 to 1,100 square feet. Each unit is professionally designed and decorated with modern, open floor plans in eight exquisite configurations. Each unit hosts nine-foot ceilings, ample natural sunlight, and rounded corners to enhance the flow and add to each unit's eye-catching ambience.

"We have literally taken what was once an empty parking lot and former school site and turned it into perhaps one of the most aesthetically pleasing condo complexes in the city. You will not find another property like this in such a well-established area," says McFarlane.

For further information contact Glen MacFarlane at 204-588-7769 or visit him on-site at 350 Lodge Ave., Monday-Thursday, 3-8 p.m. and Saturday and Sunday from 1-5 p.m.

On-site amenities just the beginning

At Greentree Homes, building your new home is an exciting time and the company is proud to offer the utmost in technology and engineering within each of their properties. One such property is the gorgeous, new Silver Heights Condos at 350 Lodge Ave.

The current project considered as Phase 1 Tower, is a four-storey complex offering the highest standards in quality at an affordable price.

Purchases of these fine units have many interior options to choose from, ranging from cabinetry, countertops, flooring in a host of decorative colours. The appliance package consists of a stacking washer and dryer, stainless steel appliances with built-in dishwasher and boasts modern lever-style door handles and Decora fixtures throughout. You will surely enjoy discussion and preparing meals at your kitchen peninsula with ample lighting by way of glorious pendant-style lamps and four light track bar in the kitchen and living areas.

Once complete, the property will host professionally designed landscaping with green space that offers a variety of glorious trees and flowering shrubs. On-site, you will find a never-ending array of beautiful Hugo Pines, Snowy Mountain Ash, Oak, Japanese Lilac and so much more. The morning views from your over-sized windows will surely be glorious.

CONTRIBUTED

Each unit also offers a large private balcony, heated parking, a maintenance-free exterior and ample storage lockers for each resident. There will also be a multi-purpose room that comfortably accommodates up to 40 guests. This room boasts a beautiful fireplace, comfortable seating areas and a fully-appointed kitchen for your entertaining pleasure. While you are hosting your gatherings, guests can also enjoy the sunsets while you barbecue on the patio adjacent to the multi-purpose room.

Unique to this property and in maintaining their commitment in utmost convenience, the Tower will also feature an on-site car wash in the garage along with a large storage area for your bicycles.

These are just a few of the amazing on-site amenities this wonderful property offers to residents of Silver Heights Condos.

Visit greentreegroup.ca to view floor plans or call Glen MacFarlane for your personal consultation at 204-588-7769.

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Greentree Homes

Glen MacFarlane - 204-588-7769

MASTER BUILDER

Canada Day Edition

Get your special edition Captain Canuck comic

In celebration of Canada Day, Captain Canuck Inc. is releasing the first Captain Canuck Canada Day Edition.

From June 28 to July 1, the edition will be distributed free through comic book stores, public libraries, convenience stores and shopping malls across Canada. After July 1, it will be sold at comic book shops across Canada for $2.99.

This 64-page edition will be packed with features, including two unique Captain Canuck stories featuring the classic and new Canuck, the ultimate Canadian comic book store and convention directory, and sneak peeks of what's coming up for all things Canuck. METRO

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The Solar Mountie , selling for $25, is an official product under licence from the RCMP Foundation. Ten per cent of sales will be donated to youth at risk programs across Canada. METRO

Canadian film can be exciting, influential and groundbreaking – but if you're like most Canucks, you wouldn't even know it. That's where The ABCs of Canadian film comes in. This website offers everything you need to know about Canada at the movies — in 26 letters — from "eh" to zed. So this Canada Day weekend, love your country by turning on your DVD player, breaking out the maple syrup and watching these five landmark moments and movies in Canadian cinema history. Visit metronews.ca/abcsofcanadianfilm for more.

COLIN MCNEIL
colin.mcneil@metronews.ca

5 reel moments in Canadian film history

Did Canada fund a "porn flick?"

If you paid taxes in the '90s, you helped fund what some people swear is a porn flick.

I'm talking about Bubbles Galore, a 1996 film made with more than $100,000 in government grant money and starring real-life adult actress Nina Hartley. Canadian politicians and right-wing newspaper columnists denounced it as a "lesbo porn flick," "a monstrosity," and "scum."

The filmmaker called it an expression "of the right of women to take control of their image."

So what was it? A clever parody of the adult film industry or a soft-core porn masquerading as satire? Hear what adult film actress Nina Hartley told Metro about Bubbles Galore at metronews.ca/abcsofcanadianfilm.

The little sci-fi movie that could

What do a handful of unknown actors, a single Toronto soundstage and $600,000 get you? How about worldwide fame and undisputed status as a sci-fi cult classic.

At least that's what happened with Cube, the 1997 sci-fi film about seven strangers who find themselves stuck in a mysterious maze of interconnecting, fiendishly booby-trapped cubic rooms.

One of its more memorable scenes, in which a man is sliced into hundreds of flesh cubes by a fine metal mesh, even has the dubious honour of being homaged (some might say ripped off) in the first Resident Evil film. Watch the scene and judge for yourself on the site.

The first Canadian horror movie

From Black Christmas to Resident Evil, the Great White North has been a prolific producer of some of the best films the genre has to offer. But that's just the tip of the icepick.

The first-ever Canadian horror movie was 1961's The Mask. It was a trippy drive-in film about a man who puts on a grotesque haunted mask and is enveloped in an acid-trip netherworld of floating skulls and dancing demons. The possessed dream scenes, shot in 3D, are still pretty damn creepy today.

Get out your 3D glasses and watch The Mask in its entirety, and see our list of the top 10 Canadian horror movies ever made online.

Canuxploitation

Nifty word, isn't it? Back in the 1970s, the government created something called the 100 per cent Capital Cost Allowance (CCA), suddenly making it financially attractive to produce films here. These so-called tax-shelter years produced some of the weirdest, bloodiest and most influential Canadian films ever made. Black Christmas (pictured), My Bloody Valentine, and David Cronenberg's The Brood are just a few of the more popular Canuxploitation flicks to emerge from the tax shelter.

Discovering Xavier Dolan

If you don't know the name already, you probably will soon. Xavier Dolan is Canada's hottest cultural commodity since the Trailer Park Boys. At just 25 years old, the young Montreal director is quickly becoming the new golden boy of Canadian cinema, and he's only made five movies.

With a recent Jury Prize win at Cannes, Dolan is poised to break out of the festival scene and start making international box office hits.

Get to know this up-and-coming Canadian superstar before he makes his first blockbuster on the site, where we explore his first-ever feature-length film, I Killed My Mother.

So you think you're a real Canadian, eh?

Toronto Mayor Rob Ford launches his re-election campaign at the Toronto Congress Centre in Toronto, April 17, 2014. TORSTAR NEWS SERVICE

Trivia time! Sure, you may be able to tell Bieber from a beaver, but how up are you on the latest, greatest Canadian news?

1. This cheeky Saskatchewan-based film about an unusual public servant screened at Cannes in May and is already greenlit for a sequel.
A) Constable Badger
B) Wolfcop
C) Five Alarm Vampire

2. Toronto Mayor Rob Ford unwittingly provided a public debut of his Jamaican patois in a video secretly recorded at which restaurant?
A) Steak Queen
B) The King's Carvery
C) The Jester's Jingle

HANDOUT

3. A trio of Quebec prisoners spent a few June days on the lam after a prison escape with help from which vehicle?
A) Laundry truck
B) Helicopter
C) A prison guard's minivan

4. Much of Canada spent the winter cursing this weather phenomenon and its record-smashing cold.
A) The arctic avenue
B) The winterfell trail
C) The polar vortex

5. Which activity at the Vancouver Aquarium drew the scorn of animal activists in November?
A) Yoga With Belugas
B) Water Colours With Otters
C) Selfies With Stingrays

6. A rather rude vandal raised hackles in Windsor after crafting a public park shrub into what shape?
A) A middle finger
B) A penis
C) A crack pipe

7. A Manitoba mom was less than pleased when her kids' school gave them which snack to "balance" their packed lunch?
A) Triscuits
B) Ritz Crackers
C) Goldfish Crackers

8. Which Canadian comedy series will return to Netflix this fall after a long TV absence?
A) The Kids In The Hall
B) The Red Green Show
C) Trailer Park Boys

9. Nudists who dwell on Vancouver's Wreck Beach could barely conceal their anger over plans for what?
A) A new police tent
B) A nearby salmon hatchery
C) A weekend Starbucks kiosk

10. Justin Bieber added an Australian mayor to his enemies list after doing what in his city?
A) Spray painting a wall
B) Boxing a kangaroo
C) Driving on the wrong side of the road

COMPILED BY ANDREW FIFIELD

Answers

Question 1: B
Question 2: A
Question 3: B
Question 4: C
Question 5: A
Question 6: B
Question 7: B
Question 8: C
Question 9: A
Question 10: A

All hail Caesar

Canuck to its core, the first Caesar was invented in 1969 at the Owl's Nest Bar in Calgary, so there is no more fitting drink to raise in honour of Canada Day.

We are mixing up three recipes from Clint Pattemore's new book Caesars: The Essential Guide to Your Favourite Cocktail (Random House) to celebrate the nation's 147th birthday.

Cucumber-infused Caesar

- 4 slices cucumber
- 2 dashes Tabasco sauce
- 3 grinds fresh cracked salt and black pepper
- 1 oz (30 ml) gin
- 4 oz (120 ml) Mott's Clamato Cocktail
- Rim: Fresh cracked salt and black pepper
- Garnish: Cucumber slice; fresh cracked salt and black pepper

In a mixing glass, muddle everything but the gin and Mott's Clamato Cocktail. Add the gin and Mott's Clamato Cocktail, and stir well to mix and spread the flavours around. Rim a highball glass and fill to the top with ice. Strain the mixture into the highball glass, and garnish.

Fireworks Caesar

- 3 dashes hot sauce
- 2 grinds fresh cracked salt and black pepper
- 1/2 jalapeño pepper
- 1 garlic clove, minced
- 1/2 green onion
- 1 oz (30 ml) blue agave tequila
- 4 oz (120 ml) Mott's Clamato Cocktail
- Rim: Celery salt with cayenne
- Garnish: Spicy prawn on a skewer

In a mixing glass, muddle everything but the tequila and Mott's Clamato Cocktail. Add the tequila and Mott's Clamato Cocktail, and stir well to mix. Rim a highball glass and fill to the top with ice. Strain the mixture into the highball glass, and garnish.

Stampede Caesar

- 1 oz (30 ml) Alberta premium rye whisky
- 4 dashes Worcestershire sauce
- 2 dashes hot sauce
- 3 pinches steak spice
- 3 grinds fresh cracked salt and black pepper
- 1 oz (30 ml) beef stock
- 3 oz (90 ml) Mott's Clamato Cocktail
- Rim: Fresh cracked salt and black pepper with steak spice
- Garnish: Grilled Alberta flank steak on a skewer

Rim a highball glass with citrus and rimmer. Fill the glass to the top with ice. Add the ingredients in the order listed. Stir well to mix the cocktail, and garnish.

EXCERPTED FROM CAESARS BY CLINT PATTEMORE, PHOTOGRAPHY BY RYAN SZULC, © 2014 CANADA DRY MOTT'S INC. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.

Get your red and white on

Value Village has everything you need for Canada Day celebrations, for less

Looking to show some patriotism this Canada Day?

You don't have to spend a fortune on brand new clothes or home accessories in red and white. Your local Value Village has all the quality used clothing and household items you need to do justice to the birth of our nation — or at least celebrate it in style.

The aisles at Value Village are packed with potential. Every Value Village stocks an ever-changing selection of about 100,000 items on the sales floor, and since 5,000 to 10,000 new items are added to the sale floor each day, there's always something fresh, whether you're looking for a one-time Canada Day outfit (red and white all over, of course), or something to treasure forever.

"At Value Village you can find clothing and accessories from many eras and designers in one place," explains Tony Shumpert, Vice President of recycling operations for Value Village. "Style is all about creativity and individualism, and keeping fashion interesting requires your imagination.

"In a traditional retail environment it's next to impossible to find such a diverse selection. We have so much to offer that it's hard not to find something good," says Shumpert. "It's a great way to discover that unique piece that nobody else has — we have some real gems."

You'll find that uniqueness factor in the housewares section just as much as you will in the clothing aisles.

Impress your friends when they come over for a Canada Day barbecue: make the cake batter in a mint green mixing bowl. Adorn your table with wheat bouquets in a vintage milk bottle. Carve your steaks with antler-handled steak knives. Serve your grilled meal on a fun mix-and-match array of plates.

"You never know what you'll find here," says Shumpert. "There's always something fun and interesting."

Visit valuevillage.com.

CONTRIBUTED PHOTOS

If you aren't using them...

In Canada, green is our way of life — not just because of our vast forests and grasslands, but because of the way individual Canadians have embraced the three Rs: reduce, reuse, recycle.

Be a part of the green movement this Canada Day: shop second-hand and donate your reusable clothes and household items at organizations like Value Village.

On average, each North American throws away more than 68 pounds of clothing and textiles each year. Buck the trend.

Nearly 100 per cent of used clothing is reusable or recyclable, so instead of tossing the items you don't need anymore into the trash, donate them.

Value Village is one of the largest recyclers of used clothing in the world – keeping more than 1.8 million pounds (that's 600 mid-size cars!) of quality goods from landfills each day by selling reusable items in-store and responsibly recycling items unsuitable for resale.

Last year, 329 million tops, 59 million pairs of shoes, 114 million pairs of pants and 28 million coats were repurposed.

Donating your reusable clothing and household items at Value Village is a win-win. Your items will be diverted from a landfill, preserving the environment and helping reduce greenhouse gas in the atmosphere that would result from its decomposition.

IT STARTED WITH PURPLE HEART THRIFT STORE IN 1954

Value Village has its roots as the Purple Heart Thrift Store, which opened its doors in 1954 in an old theatre in San Francisco's Mission District.

Much as the company has grown and evolved, but its values have remained constant.

"For 60 years our purpose has been to do well while doing good at the same time," explains Tony Shumpert, vice president of recycling operations for Value Village.

In that first store, Value Village founder William Ellison partnered with charitable organization the Military Order of the Purple Heart.

Within 12 years the company had expanded to stores across California, Oregon and Washington, and in 1971 the company moved its headquarters to Seattle.

In 1980, the company opened its first international store: Value Village on Hastings Street in Vancouver, partnered with the Developmental Disabilities Association.

The company quickly multiplied its Canadian locations, and today there are 125 locations across Canada, with more opening soon.

Celebrate
Canada Day & Save!

Thanks
for being a valuable part of our sixty thrifty years!

ValueVillage

Good deeds. Great deals.
www.valuevillage.com

Canada Day long weekend is the perfect time for a backyard party. SHUTTERSTOCK

Food, drink, sparklers ... and selfies

Canada Day. Simple tips to throw the perfect barbecue

HELEN RACANELLI
For Metro

Canada Day is the perfect occasion to host a backyard party. The weather is fine, everyone is in a great mood because it's a long weekend and a national holiday, and backyards are at their best in July.

"With most other holidays being family focused, July 1st gives us the opportunity to catch up with our neighbours, and their families and friends as well," says Danielle Reid, whose family throws a huge party every Canada Day in their neighbourhood. Here's how to throw a memorable Canada Day party in your backyard.

Plan a great guest list

"Take the time to think out your guest list. You want to keep it manageable," says Reid. "We always like to make sure we spread the love around from our various circles, while not isolating anyone in the process."

She uses a simple rule of thumb: she invites guests who know at least one other person at the party besides the hosts. A backyard party is an informal occasion, so invites can go out by phone calls, emails and texts.

Provide lots of food and drink

The food doesn't have to be fancy and neither do the drinks, but it's not a real backyard summer party without an abundance of munchies and beverages.

"Everyone loves hamburgers and hotdogs and they are easy to prepare — so start with that," says Reid.

Keep it red, white and simple

In terms of serving the refreshments, purchase some colourful red cups for drinks and a couple of large galvanized steel buckets to fill with ice, suggests McNally. "Throw some bottled water, San Pellegrino or Perrier, juices, coolers, and beer into the buckets for guests to help themselves to as needed," she says.

Create a backdrop for party photos and selfies

Guests love a good photo opportunity. Create a photography backdrop for lots of memorable group photos and Instagram selfie moments.

"Encourage guests to take photos of themselves and each other posing in front of your DIY backdrop," McNally says.

Here's how to do it: If you have a fence, tape Canadian flags to a portion of it. Or if you have a wooden fence or side of a house to work with, use sidewalk chalk or washable paint to draw a flag or write Happy Canada Day! on it.

Add sparklers

Canada Day calls for a little bit of firecrackling fun. "A fun centrepiece idea that is also easy to assemble and inexpensive is mason jars or galvanized silver buckets filled with sand," says McNally. Then add paper Canada flags and sparklers stuck in the sand for guests to take out, light and wave around once the sun has gone down, she suggests.

Grilling tips

Barbecue for a crowd with these tips from Weber grill specialist, chef Michael P. Clive.

- **Prep your grill.** Scrub the grill grates, and don't forget to clean out the grease pan underneath. Keep a spare propane tank on hand.
- **Keep the lid down.** "Looking is not cooking," Clive says. Opening it up to view the progress is only going to slow down the process and frustrate your hungry guests, he says.

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Host a special backyard birthday party this year. SHUTTERSTOCK

Cities across the country are bustling with Canada Day festivities. SHUTTERSTOCK

Canada Day, the alternative way

July 1st. Make a new Canada Day tradition this year to celebrate our country's birthday

ASTRID VAN DEN BROEK
For Metro

Maybe in your family it's been all about barbecues and fireworks. Or perhaps you celebrate at your local community centre's fair and street parade. However if you're looking to switch things up a bit this July 1st weekend, here are a few fresh ideas to celebrate Canada's birthday.

Head outdoors. This is the weekend for Canadians to get outside and celebrate. "Go camping! It's a huge Canada Day tradition," suggests Pamela MacNaughtan, a travel blogger at savoirfaireabroad.com. Or at least venture out to one of Canada's provincial or national parks to take in our country's beauty. "Bring a barbecue and beer and a canoe and discover some of the stunning landscapes we have," says MacNaughtan.

Get away. Can't get to a game? Why not take a mini road trip and watch the fireworks in a new town every year? Many provincial travel associations have sites filled with travel planning guides, suggestions and more.

Or throw a party. A Canadian birthday party, that is. Host a special backyard birthday party that's complete with red and white balloons, sparklers and festoon your backyard with red and white flags.

The sights in our stars

Really, one tradition that should be a mainstay for Canada Day is fireworks. Where to see them near you?

- **11 p.m.,** The Forks

An elk burger is a great way to give your meal a Canadian taste. SHUTTERSTOCK

Tasty alternatives. Eat and treats a notch above

Want to celebrate Canada's birthday with something yummy to eat? While burgers and dogs are standard barbecue fare, make this July 1 weekend special with some truly Canadian eats and treats.

The eats

Why not switch up your burgers a bit and Canuck them? "For burgers, try making patties with elk, caribou or moose meat, which are lower in fat, very flavourful and increasingly easy to find in grocery stores," suggests the award-winning Canadian food and travel writer Valerie Howes, who blogs at valsopenkitchen.com.

"And then top with cranberry sauce."

Or maybe this weekend you could introduce a surf and turf theme. "Arrange Pacific- and Atlantic-Coast oysters on a bed of ice with wedges of lemon — preferably to be eaten somewhere with an ocean view," suggests Howes. When shopping for oysters, look for Canadian oysters such as Raspberry Point, Malpeque and Pacific Oysters.

And what about dessert? Twist up the traditional pie and ice cream to make it even better. "Soften vanilla ice cream slightly in the fridge and then incorporate crushed butter tarts, maple pecan pie or blueberry tarts before refreezing it," says Howes.

Or put together a Canadian flag cake — ice a sheet cake with icing or whipped cream and make the flag on top of it out of sliced fresh strawberries.

To drink

"I think a Caesar is an absolute must on Canada day," says Pamela MacNaughtan, a travel blogger at savoirfaireabroad.com.

And while the Clamato juice and vodka drink is a Canuck classic, take that drink up a notch to impress your guests. "If you're making Caesars, lose the celery and pop a cooked lobster claw into the glass."

ASTRID VAN DER BROEK/FOR METRO

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If you're lucky enough to have an extra long weekend, try a cross-border trip to another city. SHUTTERSTOCK

Go on an adventure this long weekend

Planning. Last-minute holiday getaway top of mind? Hop on a plane and really get away from it all

ASTRID VAN DEN BROEK
For Metro

Got four days off and pondering a getaway? If so, here are some tips to help plan a trip ASAP.

Where to go?
Canadian destinations are likely priced at a premium due to the long weekend. "Though travelling within Canada is appealing because you can take advantage of the holiday. And you won't overlap with July 4 long weekend in the U.S.," says Stephen Smith, vice-president marketing and communications for Vision Travel Solutions.

However if you want to escape Canada for the weekend, head to the airport, Smith advises. Nearby American destinations such as Boston, New York or Chicago are appealing just a flight away. Or keep it local and head to Lake Winnipeg's Hecla Island or take a tea tour in the quaint town of Altona.

"Or if you really want to get away from it all, Jamaica is priced well — they have minimum three-night packages for there or the Bahamas and Mexico. Those are more of the resort getaways," says Smith.

Can I get a deal?
For flights to popular North American destinations, pricing won't differ much whether you fly on a weekend or weeknight. However flexibility can make a difference in hotel costs.

"In Canada, price is going to be based on availability for a hotel so if you're flexible on dates, you'll find better pricing," notes Smith. "So if you can start earlier or extend beyond the weekend, you probably will find better pricing on those nights. But on the key holiday nights — Friday through Monday — you'll likely find higher rates."

Travelling with peace of mind
Smith says when planning your trip, do it around non-peak times to minimize frustration with crowds and line ups.

"For example, if you can fly in the middle of the day, instead of early morning, when business travellers fly or early evening when everybody's off and trying to get out, that will help out," he says.

The ultimate Canadian trip?

Many Canadians insist that Canada Day is best spent in our capital city on Parliament Hill. If you can make the trip to Ottawa this year, catch activities such as the changing of the guard, a performance from Canada's Serena Ryder and, of course, fireworks. **(canadaday.gc.ca)**

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AVOID HEAT ILLNESS, HEAT STROKE

Follow these safety tips this summer to stay healthy

Every year Canadians look forward to warmer weather after a long, cold winter. However, prolonged periods of high heat, which are becoming more common as our climate continues to change, can be particularly dangerous.

While everyone can be affected by high heat, some people are especially susceptible to heat illness and heat stroke, such as older adults, infants and young children. As well, many people may not realize that some medications can increase their sensitivity to extreme heat.

Illness and death caused by extreme heat is preventable if you plan ahead, take precautions, know your risk factors and play it safe. Some simple steps you can take to lower your risk of heat illnesses:

- Drink plenty of cool liquids, especially water, before you feel thirsty.
- Avoid sun exposure. Wear loose-fitting, breathable, light-coloured clothing and shade yourself by wearing a wide-brimmed, breathable hat or use an umbrella.
- Prepare cold meals without using the oven.
- Take cool showers or baths regularly.
- Watch for heat alerts and learn more about how quality can impact health by checking the Air Quality Health Index.
- Plan outdoor activities during cooler parts of the day.
- Never leave people or pets inside a parked vehicle or in direct sunlight.
- Block sun by closing awnings, curtains or blinds during the day.
- During periods of extreme heat events, visit neighbours, friends and older family members, especially those who are chronically ill, to make sure that they're cool and hydrated.
- Spend a few hours in a cool place such as a tree-shaded area, swimming facility or air-conditioned shopping mall, library or community centre.

Heat illnesses such as heat stroke, heat exhaustion, fainting, swelling of hands and feet, rash and muscle cramps can be serious. If you experience any of these symptoms, immediately move to a cool place and drink water.

SHUTTERSTOCK

Heat stroke is a medical emergency. Call 911 or your local emergency number immediately if you are with someone who has a high body temperature and is either unconscious, confused or has stopped sweating.

Find out more about extreme heat at healthycanadians.gc.ca.

CONTRIBUTED

Wellington College offering aromatherapy workshops

One-day course teaches the basics of oils

Massage therapy is a growing field with a variety of different and exciting opportunities and Wellington College has recognized the increased interest in this area of health and wellness.

To satisfy the interest in alternative modalities, Wellington College is pleased to offer new workshops for the public this year.

Along with the always popular intro to massage therapy workshop, Wellington College is also excited to now offer a new one-day introduction to aromatherapy course to the public to either compliment the skills learned in the intro to massage workshop, or to appeal to a different interest.

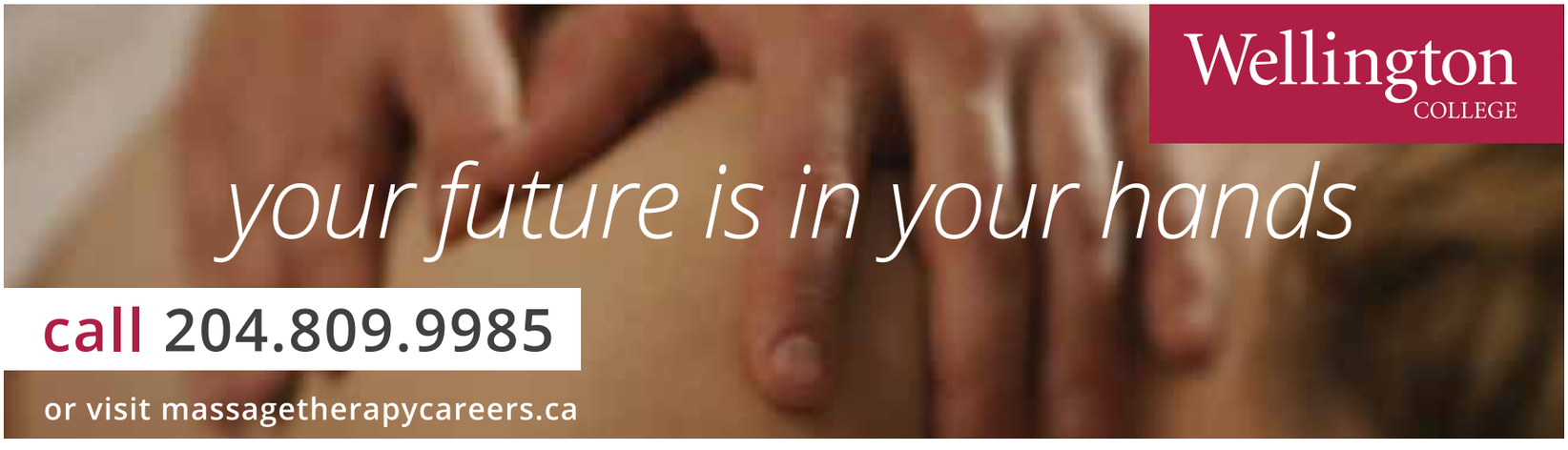
"Aromatherapy is a form of alternative medicine that uses essential oils and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health," says Brie Timings, associate director at Wellington College.

"The workshop will cover the beginning stages of how to blend for a person's specific needs, including mixture with different carrier oils and methods of application."

Participants will be able to take home a blend of essential oils that they have created during the workshop.

Participants in this workshop will also be eligible to receive a 15 per cent discount off an order of $50 or more from Equip Massage (equipmassage.com).

For more information about these workshops and dates, visit Wellingtoncollege.com/alumni/continued-education-workshops.



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31 YEARS AND COUNTING AT SCOOP & SAVE HEALTH FOODS

COMPANY VOTED BEST HEALTH FOOD RETAILER TWO YEARS IN A ROW

Scoop & Save opened as a small bulk food store in 1983 but has since expanded their line of bulk foods and supplements with the opening of their 4,000-square-foot location at 3133 Portage Ave. in 2009. But don't let the size fool you, as they are Winnipeg's big city– small town store.

Owners, Rick and Min Drury pride themselves in offering customers a competitor's match price program. With access to more than 100 suppliers, they are able to provide the best quality at the best price with their full line of bulk goods, extensive assortment of vitamins, supplements, as well as speciality diet products, organic and gluten-free items.

"We offer the best quality and prices because it's important that our customers remain healthy and happy. We are seeing an increase in demand of gluten-free products and have expanded our offering considerably to meet the needs of this growing industry," says Rick.

Scoop & Save Health Foods has recently partnered with Lorenzo's Specialty Foods on St. Mary's Road to provide a convenient, fresh and local option for delicious gluten-free breads, pizzas, perogies, meat pies and more. Most people are also unaware that they carry free range, hormone free meats as well as local fish, and have recently expanded their freezer section to accommodate this growing trend.

Rick says finding the right products to manage health issues can be a challenge. He and his staff pride themselves on keeping up-to-date with the latest trends in health management and can assist customers in determining appropriate care with a personal touch.

With their vast array of offerings and dedicated personal service, it's not surprising to learn that Scoop & Save Health Foods has been named the best health food retailer in Winnipeg two years in a row and with the expansion of free shipping on vitamin and supplement orders that are more than $100 to northern and rural communities, the demand for their products is increasing.

Visit scoopandsave.com, email scoopandsave@shaw.ca or stop in and visit Rick and his staff at 3133 Portage Avenue or call 204-888-1967 or toll free at 1-877-723-3746.

See change with Grand Development Institute

More to eye sight than 20/20 vision

A large part of learning is done visually. Reading, spelling, writing, whiteboard work, and computer work are all among the tasks students tackle all day long, day after day. Each one of these tasks involves the visual ability of locating and putting things into focus quickly and understanding and processing visual information. And much of the information presented is less than an arm's length away from the eyes, which requires both eyes to turn inward slightly in order to keep the material single. Unfortunately, many students' visual abilities just are not up to the level of the demands of these types of classroom learning situations.

During a regular eye exam, the doctor will check to ensure that your eyes are healthy and free from disease, as well as determine whether a prescription for eyeglasses is or is not necessary. However, a regular eye examination does not provide insight into the functional abilities of the brain to operate the visual system efficiently.

Although many people think of 20/20 as being perfect or normal vision, it simply represents the ability to see a certain size letter on the eye chart from a distance of 20 feet. This test tells us nothing about the visual skills that play a vital role in our daily lives.

- the ability to track a line of print
- the ability to operate both eyes as a team for binocular vision and depth perception
- the ability to get objects into clear focus and sustain that clarity
- the ability to efficiently process and retain information in a meaningful and useful way

Everyone experiences changes during and after vision therapy. Altering vision alters your perception of the physical and personal world around you. Once perception changes and expands, you will notice changes in behaviour and visual abilities. Changes may include:

- decreased stress
- less fatigue
- improved reading ability
- improved comprehension
- less frustration
- improved sports performance

Even intelligent, motivated people can be negatively affected by a vision dysfunction. In fact, approximately one in every four people is likely to suffer from a visual disorder. There are many signs and symptoms that indicate you may have a learning-related visual disorder. For a list of learning related vision problems, visit the following websites or contact Grand Developmental Vision Institute for more information or to book an evaluation:

- grandvisioninstitute.ca
- visiontherapy.org
- visionandlearning.org
- childrensvision.com

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DEVELOPMENTAL VISION INSTITUTE

Attention Parents Struggling with Reading or Homework Battles?

...If so, we can help!

- **One out of four children struggle with reading and learning because of undiagnosed vision problems.**
- **It is estimated that more than 60% of children who struggle with reading have undiagnosed vision problems.**
- **The majority of the vision problems that interfere with reading and learning are very treatable.**
- **Seeing clearly ("20/20") is just one of 17 visual skills critical to academic success.**

Do you know the symptoms of vision problems that interfere with reading and learning?

THE FOLLOWING IS A LIST OF SOME OF THE MORE COMMON SYMPTOMS:

- ☑ Child dislikes reading
- ☑ Skips or rereads lines
- ☑ Prefers to be read to
- ☑ Loss of place when reading
- ☑ Trouble seeing the board
- ☑ Headaches in temple or brow area
- ☑ Difficulty remembering what has been read
- ☑ Difficulty paying attention, ADD/ADHD
- ☑ Number/letter reversals such as "b" and "d"
- ☑ Homework takes longer than it should

A regular eye exam determines the health of the eyes and whether glasses are required, but does not include evaluating visual dysfunctions that can contribute to academic struggles. If your child has any of the above signs, schedule a developmental vision eye exam today.

303-2200 McPhillips Street Winnipeg, MB R2V 3P4 • Ph: 204-633-5566 • grandvisiontherapy@gmail.com

Keep yourself properly protected

Amidst summer fun, keep safe in the sun

As summer approaches, many families are rushing outdoors to spend time at the beach, park, pool, cottage, campsite, or even just lazing in the backyard. Of course after a long winter, fresh air and sunlight on your skin can feel pretty good, but it's important to remember that the sun isn't always on your side. Prolonged exposure can cause many unpleasant side effects like burns and sun stroke, so take a look below for some tips from Target pharmacist Bowen Chen on how to best protect yourself.

START WITH SUNSCREEN: With hundreds of different types of sunscreens available, it's hard to know which kind is best to use. As a general rule, it's best to stock up on sunscreen that has an SPF (sun protection factor) of 30 or higher and offers protection from both UVA and UVB light.

APPLY OFTEN: Although sunscreen is one of the best ways to protect against the sun's harmful rays, it's only effective if applied properly. To get maximum protection out of your sunscreen, apply it 15 minutes before going out in the sun, and reapply every two hours or more, especially if you're sweating or swimming.

BE SUN CARE SAVVY: Stocking up on summer essentials doesn't have to mean spending your hard earned money on expensive products. For example, Target offers up & up brand sunscreen that provides lasting protection at great value. You can also stock up on hats, T-shirts and umbrellas to provide protection for the whole family — all at great prices.

SEEK SHADE AND STAY HYDRATED: Of course the best way to protect against the sun is to avoid it all together. This is especially important for babies and newborns and during midday hours between 10 a.m. – 4 p.m. when the sun is strongest. If outdoors, be sure to locate areas that are covered providing shade and always remember to drink lots of water.

SHUTTERSTOCK

SOOTHE THE BURN: If all else fails and you find yourself with a sunburn, be sure to treat it right away with a cool compress, and soothing agents such as aloe vera or hydrocortisone cream. If you're concerned about a burn, your local Target pharmacist can provide expert advice on the best way to treat it.

For more information on sun care safety, and to find your local Target pharmacy, please visit Target.ca. *– News Canada*

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1. Mazzone A, et al. Evaluation of Serratia peptidase in acute or chronic inflammation of otorhinolaryngology pathology: a multicentre, double-blind, randomized trial versus placebo. J Int Med Res. 1990; 18(5):379-88.

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NHL

Pens sign Johnston as new head coach

The Pittsburgh Penguins have hired Mike Johnston as the team's new head coach.

Johnston replaces Dan Bylsma, who was fired on June 6.

The 57-year-old Johnston, introduced at a Wednesday news conference, spent the past six years with the Portland Winterhawks of the Western Hockey League. He previously served as an NHL associate head coach with the Los Angeles Kings and Vancouver Canucks.

THE ASSOCIATED PRESS

Baseball

Goldeyes go 1-1 on doubleheader Wednesday

After the Winnipeg Goldeyes' and Trois-Rivieres Aigles' Tuesday game rained out, the teams played a doubleheader Wednesday.

The Goldeyes beat the Aigles 5-3 in the first game, but were fell 2-1 in the second game that was shortened to seven innings.

ZACH PETERS/WINNIPEG GOLDEYES

Week 1 pick

Argonauts at Bombers (Thursday, 7:30 p.m.)
If there's a position where Toronto has a huge advantage, it's at quarterback where Ricky Ray is entering his third season with the Argos and 12th in the CFL. The 34-year-old had a league-record 77.2 per cent completion average last year with just two interceptions to be named the East Division's outstanding player despite making just 10 starts.

Winnipeg counters with Drew Willy, a 27-year-old signed as a free agent this off-season after serving two seasons as Darian Durant's backup in Saskatchewan.

The expectation is for an improved Bombers team in, but Ray gives Toronto a big edge.

Pick — Toronto.

THE CANADIAN PRESS

The Winnipeg Blue Bombers shelled out big time for Nick Moore, reportedly signing him to a two-year contract worth $400,000. LIAM RICHARDS/THE CANADIAN PRESS

Who's who on the gold and blue

CFL. Off-season roster shakeup has Bombers' opening-night roster looking much different

DARRIN BAUMING
winnipeg@metronews.ca

Who is that guy?

It's a question that will no doubt be uttered countless times by Blue Bomber fans on Thursday night.

"I like where the team is," said a smiling Mike O'Shea, who will lead the Blue and Gold in his first regular-season game as head coach.

But Winnipeg's head coach isn't the only fresh face for 2014. Far from it. Of the 46 men on the Week 1 active roster, nearly half are new additions.

All three quarterbacks are newcomers, with 27-year-old Drew Willy entering his third CFL season as the No. 1 pivot for the first time. Brian Brohm and Robert Marve take up the other QB slots.

"It's definitely a great opportunity for myself," said Willy, a former Saskatchewan Roughrider. "I feel comfortable with the players that we have and the coaches. I'm looking forward to Thursday night."

The Bombers opened up the bank to nab a highly-sought-after weapon for Willy to work with. Nick Moore, a slotback who finished third in CFL receiving yards last season in B.C., signed a two-year free-agent contract worth a reported $400,000.

On defence, another key free-agent addition is Winnipeg-native Donovan Alexander. The seventh-year defensive back will be relied upon heavily due to his Canadian starter status and familiarity with new defensive co-ordinator Gary Etcheverry's system. Alexander and Etcheverry made a pair of Grey Cup appearances together in 2009 and 2010 with Saskatchewan.

Call the infirmary

Injuries put rookies in the spotlight opening night

- Rookie Nic Grigsby starts in place of 2013 Eastern all-star tailback Will Ford who has battled a hamstring pull since early June.
- With projected starters Alex Suber (hamstring) and Donovan Alexander (calf) on the one-game injured list along with Korey Banks (back) and Marty Markett (ankle), the defensive backfield is rookie-laden. Former NFLers Bruce Johnson and Moe Leggett will start at safety and halfback, while Don Unamba will move through the backfield.
- Patrick Neufeld and Dan Knapp are the newcomers on the starting O-line. Neufeld is a potential star in the making, while Knapp's uniquely athletic and muscular makeup is hard to miss.

4 SPORTS

Right on time. Swiss find holes in Honduras' game with Shaqiri's hat trick

Xherdan Shaqiri scored all three goals Wednesday to put Switzerland into the second round of the World Cup with a 3-0 victory over Honduras.

The Swiss will next face Lionel Messi and Argentina on Tuesday in Sao Paulo.

Shaqiri scored his first goal in the sixth minute, dribbling into a crowd of defenders and curling a shot into the net off the underside of the crossbar. In the 31st, he collected a pass from Josip Drmic after a defensive error and easily beat Honduras goalkeeper Noel Valladares.

Shaqiri completed his hat trick in the 71st. Drmic did well to beat Honduras defender Victor Bernardez on the left and pass to a charging Shaqiri, who one-timed his shot past a diving Valladares.

Switzerland finished second in Group E behind France, which held Ecuador to a 0-0 draw in the other game. THE ASSOCIATED PRESS

Switzerland's Xherdan Shaqiri, bottom, celebrates with teammate Goekhan Inler after scoring one of his three goals in Manaus, Brazil, Wednesday. THE ASSOCIATED PRESS

Alleged bite. Disciplinary case opened for Suarez

Luis Suarez could become just as awkward for football's international organizers to handle as he has been for rival teams at the World Cup.

The Uruguay forward's alleged bite into the left shoulder of Italy defender Giorgio Chiellini in a crucial group-stage game has hit a raw nerve at a tournament which has been characterized by a high quality of football and entertainment.

The consequences of Suarez's bite — just before Uruguay scored the clinching goal to knock out the four-time champion Italians — will now test FIFA president Sepp Blatter's often-stated commitment to "fair play, discipline, respect."

In the early hours of Wednesday, FIFA announced it had opened a disciplinary case against the player. THE ASSOCIATED PRESS

Cashing in

Uruguay striker Luis Suarez's practice of biting opponents seems to be a safe bet. More than 150 people across Europe put money down that he would do it again during the World Cup, and raked in winnings 175-fold, a Swedish gambling company said on Wednesday.

Playing spoiler. Bosnia's first World Cup win keeps Iran from advancing

Bosnia-Herzegovina ended Iran's hopes of advancing to the knockout stages and registered its first World Cup win in the process with a 3-1 victory in Group F on Wednesday.

The Bosnians took a commanding 2-0 lead with goals from Edin Dzeko in the 23rd and Miralem Pjanic in the 53rd before Iran hit back.

Reza Ghoochannejhad gave some hope to the Iranians with a tap-in goal in the 81st, but Avdija Vrsaljevic replied immediately with his low shot from the edge of the area to restore the two-goal buffer.

Iran needed a win to have any chance of advancing. The Bosnians were already out of contention at their first World Cup following consecutive losses to Argentina and Nigeria. THE ASSOCIATED PRESS

Messi vs. Nigeria: Out of this world

World Cup. In final match of group play, global superstar takes his game to next level

Argentina beat Nigeria 3-2 in their last World Cup group match on Wednesday, with Lionel Messi and Ahmed Musa scoring two goals each before Marcos Rojo kneed in the winner.

Argentina won Group F while Nigeria also advanced despite the loss, becoming the first African team in the round of 16 in Brazil.

Messi had his best match of the World Cup so far, scoring twice in the first half to boost his tournament total to four goals, and repeatedly cutting up Nigeria's defence with dazzling runs and clever passes.

"We played against a team that wanted to play," Messi said. "I think we saw a good Argentina. We need to continue on this path."

The Argentina captain needed less than three minutes to finish Nigeria goalkeeper Vincent Enyeama's clean sheet in Brazil, slamming in the rebound after Angel Di Maria's shot bounced off the post. Nigeria replied within a minute as Musa cut in from the left and beat Sergio Romero with a curling shot toward the far post.

Nearing halftime Messi tested Enyeama with a 25-metre free kick that the 'keeper struggled to push to a corner. Having found his aim, Messi was ice cold when Nigeria gave up another free kick just moments later. This time Enyeama was stunned as the ball slipped in just inside the post.

"Messi is one of heck of a player, he's blessed. You can't take it away from him," Nigeria coach Stephen Keshi said. "Messi is from Jupiter, he is different."

Tens of thousands of Argentine fans had travelled to Porto Alegre for the match, taunting Brazilian spectators by singing "Maradona is greater than Pele" at the 44,000-capacity stadium.

The Brazilians booed and held up five fingers to remind the Argentines of how many World Cups they've won. Argentina has two. THE ASSOCIATED PRESS

Lionel Messi of Argentina celebrates scoring his team's first goal during its Group F match against Nigeria in Porto Alegre, Brazil, on Wednesday. PAUL GILHAM/GETTY IMAGES

Group F

Argentina	Nigeria
3	2

- Tragedy struck in Nigeria before the match, as an explosion rocked a mall in the capital, Abuja, and police said at least 21 people were killed. Go to pages 10 and 11 for more.

AUGMENTED REALITY

→ Scan this image with your Metro News app to view a gallery of the goings on at Day 14 of the World Cup.

→ See the full instructions on Metro's Voices page.

metro AR

Draw books Ecuador a flight home

France's Lucas Digne trips Ecuador's Alex Ibarra in Rio de Janeiro on Wednesday. BERNAT ARMANGUE/THE ASSOCIATED PRESS

France drew 0-0 with 10-man Ecuador to advance to the second round of the World Cup on Wednesday, while the South Americans will be going home from the tournament.

Ecuador was down to 10 men at Rio's Maracana stadium after Antonio Valencia was shown a straight red card in the 50th minute for digging his studs into the leg of French defender Lucas Digne.

But Ecuador may feel upset that France centre half Mamadou Sakho was not shown a red card in the eighth minute when he appeared to elbow Oswaldo Minda in the face during a France corner. Then, in a late incident off the ball, France forward Olivier Giroud jabbed his elbow in to Gabriel Achilier, who was standing behind him.

France coach Didier Deschamps made six changes to his starting lineup, knowing his side was all but assured of advancing.

France came closest to scoring when Antoine Griezmann hit the post in the 47th and then missed a string of late chances. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't stand back and watch life pass you by. Aries is a cardinal sign, meaning you have more drive than most, so there can be no excuses for not getting out into the world and making things happen. Go for it!

♉ Taurus
April 21 - May 21
The world is a wonderful place and what happens over the next 48 hours will remind you how much is possible if you have a positive outlook on life.

♊ Gemini
May 22 - June 21
You will get what you deserve today and tomorrow. If you have worked hard you will gain in ways that delight you, but if you have stayed in your comfort zone rewards will be limited.

♋ Cancer
June 22 - July 23
In a matter of days you will be doing things you hardly dared dream of just a short time ago. So much is possible for you now. All it needs is for you to be confident and be ready to act fast when the time is right.

♌ Leo
July 24 - Aug. 23
If there are any ill feelings between you and a loved one, you must sort it out over the next 24 hours. Yes, they can at times be a pain. But bearing grudges is always self-defeating.

♍ Virgo
Aug. 24 - Sept. 23
You will get the proverbial offer you cannot refuse today but if you are smart that is exactly what you will do. The planets indicate that there will be better offers coming your way before the end of the week — and lots of them.

♎ Libra
Sept. 24 - Oct. 23
Tomorrow's new moon will bring with it an opportunity to move up in the world, but it won't come for free. Is it a trade worth making? The fact is you cannot afford not to.

♏ Scorpio
Oct. 24 - Nov. 22
Some people complain that they never get the breaks but you know that's rarely true. What you get out of life has to be earned and over the next three days you'll find the more you give the more you get.

♐ Sagittarius
Nov. 23 - Dec. 21
Use your energy wisely today because if you waste it on trivial things you could pay for it tomorrow. Don't listen to what others say is important, listen only to your inner voice.

♑ Capricorn
Dec. 22 - Jan. 20
Take what happens today as a challenge rather than a setback. Everything that occurs in your life has a meaning behind it and a lesson to be learned. Fate is rarely unkind.

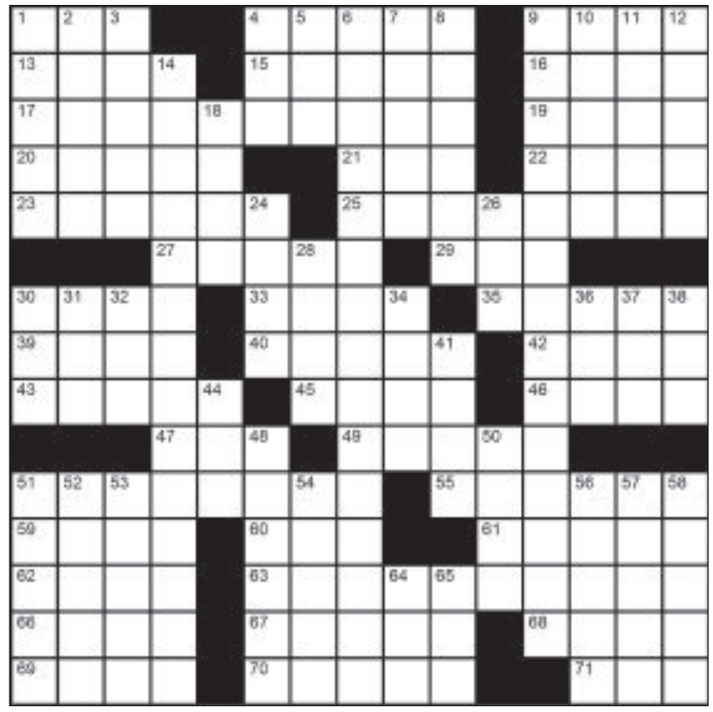
♒ Aquarius
Jan. 21 - Feb. 19
If you make a mistake today just admit it and move on. Life is a succession of tests and the powers that guide your life do not expect you to pass every one of them, at least not first time. You'll do better tomorrow.

♓ Pisces
Feb. 20 - March 20
The approaching new moon falls in the most dynamic area of your chart, so don't hesitate to take advantage of what happens over the next few days. Remember to use your energy wisely. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



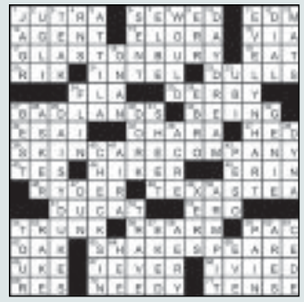
Across

1. Goldie, to Kate
4. "Why __ _ __ longer getting a signal?" (Satellite TV user's query)
9. Quick
13. Sarah McLachlan hit
15. Mil. mission type
16. Sailor's call!
17. Newfoundland folk tune: "The __ Soiree"
19. Hawk
20. Ils opposites
21. Vitality
22. Possess
23. "Dynasty" diva
25. Band for Canadian rocker Tom Cochrane: 2 wds.
27. Fennel-like flavour
29. Bolivia's leader Mr. Morales
30. Mountain lake
33. "Paperback Writer" bit: "Based on a novel by a man named __..."
35. Classic 'Degrassi' nicknamed character
39. Cargo platform
40. Madagascar animal
42. Cancel
43. Small role
45. Nero's 602
46. Australian band
47. Cloth
49. Empire of Mexico
51. Fans of Captain James T. Kirk's show
55. Real
59. Large, for one
60. Li'l sandwich
61. Western hit song for Canadian actor Lorne Greene
62. Canadian actress Ms. Matchett
63. Aria, for one: 2 wds.
66. Coup d'__
67. Canadian __ Company
68. Beach's blanket?
69. Dart
70. Avian abodes
71. Lefts opp.

Down

1. "__ _ wish!"
2. "Entertainment Tonight" host Nancy
3. Thousand: French
4. Evita's li'l land
5. Sea: French
6. "...and __ __ __ in the air..." - Joni Mitchell, "Both Sides Now"
7. "__ __ tells us!" (Finally that guys speaks!)
8. __ kick, as in football
9. __ __: The Pleasures and Perils of Dress in the 19th Century (Current exhibition at Toronto's Bata Shoe Museum)
10. Onward
11. Crack
12. MTM's 'T'
14. Three-time Mayor of Halifax who founded a still-existing-today brewery in 1820: 2 wds.
18. "Beauty __ the eye...": 2 wds.
24. Window part
26. Campers, commonly
28. Grape's inner
30. Cdn. place to buy stuff on TV
31. Alias indicator
32. Flange
34. Pablo __ y Picasso (b.1881 - d.1973)
36. Chicago's third-tallest building, __ Center
37. Cereal brand
38. Mr. Asner's
41. Ms. Moreno
44. Tree type
48. Guitar manufacturer
50. Beige
51. Tut-tutted
52. Lasso
53. Poet Mr. Pound's
54. Secretly wed
56. Open, as a cage
57. Broker
58. UK's House of __
64. Meal morsel
65. 'Street's Disciple' artist

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		3		9				6
			3			1		
		5			8		7	
		7					4	
		2	9		1	8		
	6					5		
	8		4			6		
		1			7			
5				2		7		3

Yesterday's Sudoku

2	4	6	7	5	8	3	9	1
8	3	5	1	4	9	7	2	6
1	7	9	2	3	6	4	8	5
4	1	2	6	9	7	5	3	8
6	5	8	3	2	1	9	7	4
3	9	7	4	8	5	6	1	2
7	6	4	9	1	2	8	5	3
9	8	1	5	6	3	2	4	7
5	2	3	8	7	4	1	6	9

Weather

TODAY	FRIDAY	SATURDAY
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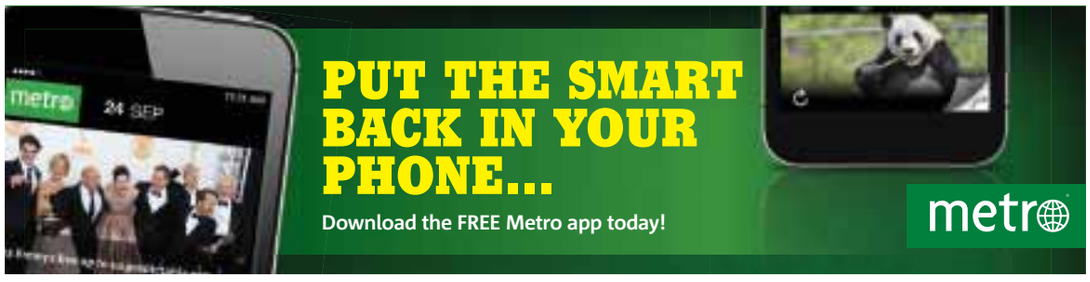

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®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ‡Cash price of $10,495/$11,995 available on all remaining new in stock 2014 Accent L 6-speed Manual/Elantra L 6-speed Manual models. Prices include Delivery and Destination charges of $1,595, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Finance offers available O.A.C. from Hyundai Financial Services based on a new Elantra GT L 6-Speed Manual/Santa Fe Sport 2.4L FWD/Sonata GL Auto with an annual finance rate of 0% for 96/48/60 months. *No payments (payment deferral) for up to 74 days is available on all new 2014 Elantra GT L 6-Speed Manual/Santa Fe Sport 2.4L FWD/Sonata GL Auto models. Payment deferral offers apply only to purchase finance offers on approved credit. Payments for purchase finance offers are paid in arrears. If 74-day payment deferral is selected, the original term of the contract will be extended by 60 days for bi-weekly finance contracts. Hyundai Auto Canada Corp. will pay the interest of the deferral for the first 60 days of the bi-weekly finance contract. After this period, interest will start to accrue and the purchaser will pay the principal and interest bi-weekly over the remaining term of the contract. Payment deferral not available with 96-month financing. Bi-weekly payments are $94/$270/$133 for 74 days. $0 down payment required. Cost of borrowing is $0. Finance offers include Delivery and Destination of $1,595/$1,795/$1,695, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $4,685/$5,635/$2,185/$735/$2,835 available on in stock 2014 Accent 4-Door L Manual/Elantra L 6-Speed Manual/Elantra GT L 6-Speed Manual/Santa Fe Sport 2.4L FWD/Sonata GL Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2014 Accent 4 Door GLS/Elantra Limited/2014 Elantra GT SE w/Tech/2014 Santa Fe Sport 2.0 Limited AWD/2014 Sonata Limited are $20,530/$25,380/$28,530/$41,030/$33,230. Prices include Delivery and Destination charges of $1,595/$1,595/$1,595/$1,795/$1,695, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Elantra L Manual (HWY 5.3L/100KM; City 7.6L/100KM); 2014 Elantra GT L Manual (HWY 5.8L/100KM; City 8.5L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City 10.2L/100KM); 2014 Sonata GL Auto (HWY 5.8L/100KM; City 8.5L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Δ2014 Hyundai Accent Sedan/Elantra received the lowest number of problems per 100 vehicles in the first 90 days of new-vehicle ownership among small/compact vehicles in the proprietary J.D. Power 2014 U.S. Initial Quality Study℠ (IQS). Study based on responses from more than 86,000 purchasers and lessees of a new 2014 model-year vehicles surveyed after 90 days of ownership. The study is based on a 233-question battery designed to provide manufacturers with information to facilitate the identification of problems and drive product improvement. Study based on problems that have caused a complete breakdown or malfunction or, where controls or features may work as designed, but are difficult to use or understand. The study was fielded between February and May 2014. Your experiences may vary. Visit jdpower.com. *††♦ΩOffers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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Winnipeg Hyundai
3700 Portage Ave. W.
Winnipeg, 204-774-5373
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